



Coach, Date, Time:

Challenger Sports

Team:

All

Session Topic:

Individual skills and dribbling to attack Cont.



Warm Up: Coach Says, and ABC's



Implementation

Set up 30x20. In 30x20, set up 15x20 in 5x5 squares.

Each player in 1 square, with ball.

Explore the square with lots of touches – head up, 1 min challenge

Toe Taps – Toe Taps and Turn – Toe Taps, change grid

Side to Sides – Side to Sides and Turn

Matthews - Scissors

Coaching Points

Toe Taps – fast, very light taps on the ball – Turn is a pull back, but important to keep possession – small roll back to keep ball.

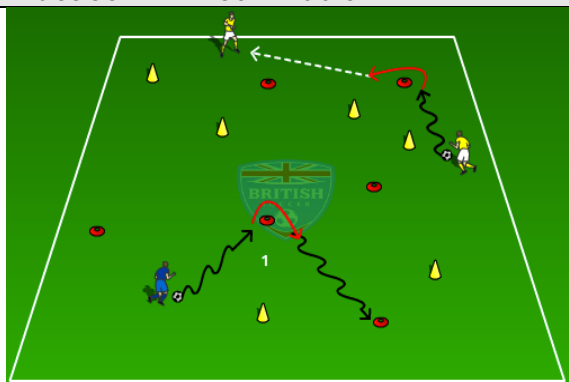
Side to sides – on the balls of the feet – moving ball to keep it

under control – turn by jumping or inside tap backwards (Cruyff)

Matthews – drop the shoulder, shift body to side to fake defender

and shift ball the other way – same with Scissors, but foot circles over the ball – you know this one!

Practice 1 - Free Dribble!



Implementation – 20 x 20 square

Put out pointy and disc cones as obstacles. Players free dribble and explore. 1 – each cone the player must do a move, from above. 2 – Progress to dribble around a planet and pass to team mate

Coaching Points

Dribble – head up, find a free planet to go around. Slow in, fast out. Accelerate to space and use close skills that we have practiced to get around the planet.

Passing – pass in front of the player to keep them moving.

Locked ankle, head over the ball, out to the side for good connection. Receiver to point to side they want the ball.

Practice 2 – 1v1



Implementation – 30x20 area in 3 channels

Beat the scary defender – 1v1 battles. Beat the defender and score a goal – 3 channels so lots of play and not much waiting around. Progress to 2v2 or 2v1 – DO NOT HAVE TO PASS!

Coaching Points

Head up – see the defender. Small touches and then use your skills, from above, to burst past the defender and score a goal!

Use all parts of the feet and move fast – don't wait for the defender to come and get you – move forwards.

Game – 4 goal game – 2 goals on each side.



Implementation

30x20 field – two goals on each side so each team is defending 2.

Coach plays with new ball method, finding players that are not as involved. Each team can score in any goal, after goal, new ball immediately – can players keep the shape?

Players in a diamond – 'SHAPE' Can they work together and beat defenders and score goals?