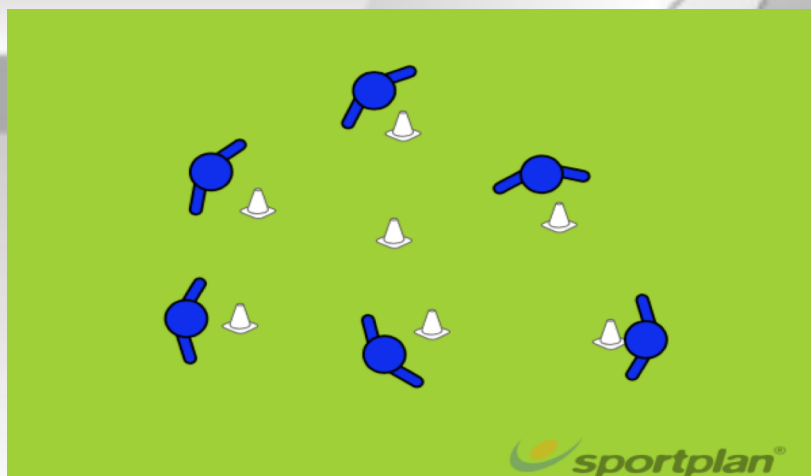




Southlake Session Plans

SESSION TOPIC: DRIBBLING WEEK 1

DRILL 1: SWITCH



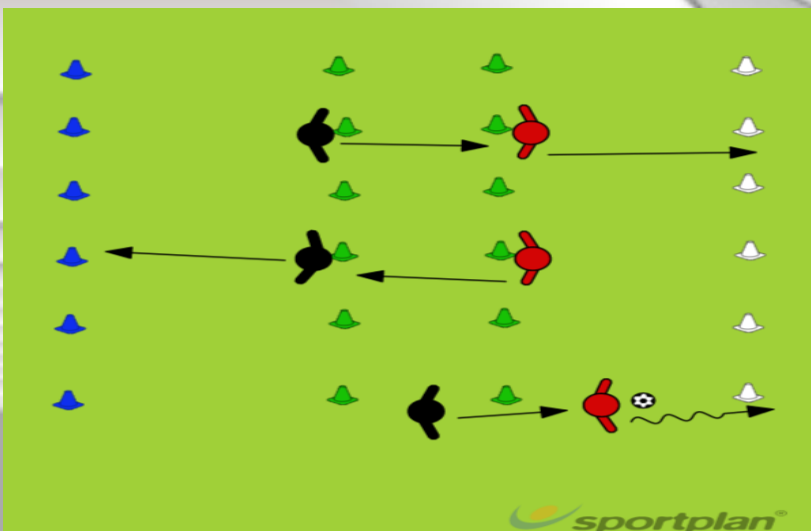
ORGANIZATION:

SET OUT A 30x30 GRID, WITH A NUMBER OF CONES SPREAD OUT ALL INSIDE. TO BEGIN EACH PLAYER WILL START ON A CONE. ONCE THE COACH SHOUTS SWITCH EACH PLAYER THEN NEEDS TO RUN AND FIND A NEW CONE. COACH WILL THEN START REMOVING CONES ONE BY ONE, AND IF A PLAYER ENDS UP WITHOUT A CONE THEY WILL HAVE BEEN KNOCKED OUT OF THE GAME. GAME CONTINUES UNTIL THERE IS ONE WINNER. GAME CAN THEN BE REPEATED WHILE DRIBBLING A SOCCER BALL

COACHING POINTS:

1. ON YOUR TOES READY TO MOVE TO NEXT CONE
2. HEAD UP AS OFTEN AS POSSIBLE, LOOKING FOR OTHER PLAYERS AND FREE CONES.
3. DECISION MAKING, ARE YOU GOING TO BE ABLE TO GET TO A CERTAIN CONE BEFORE YOUR OPPONENT.
4. KEEP THE SOCCER BALL CLOSE TO YOU.
5. REMEMBER TO SLOW DOWN AS YOU APPROACH YOU

DRILL 2: BLUE CONE/WHITE CONE



ORGANIZATION:

SET OUT A 30 x 30 YARD AREA WITH TWO LINES OF 6 CONES APPROXIMATELY 5 YARDS APART. EACH PLAYER HAS A BALL. PLAYER 1 AND 2 STAND BACK TO BACK, LEVEL WITH THE CONES. ONE PLAYER HAS BLUE CONES IN FRONT OF THEM, ONE HAS WHITE. WHEN THE COACH CALLS OUT ONE OF THE COLORS THE PLAYER CLOSEST HAS TO DRIBBLE THE BALL TO THE LINE BEFORE THE PLAYER BEHIND TAGS THEM.

COACHING POINTS:

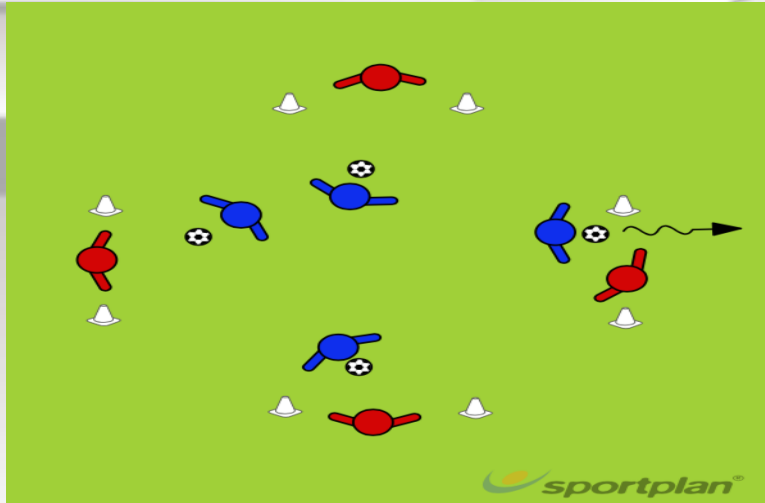
1. CLOSE CONTROL AND BALL FAMILIARITY - KEEP THE SOCCER BALL CLOSE TO YOU
2. HEAD UP AS OFTEN AS POSSIBLE - KNOW WHERE THE DEFENDERS ARE AND WHERE THE GOALS ARE
3. AVOID AND BEAT DEFENDERS WITH QUICK TURNS OR SKILLS
4. KEEP BODY IN BETWEEN DEFENDER AND BALL TO PROTECT IT
5. ENCOURAGE PLAYERS TO TRY SPECIFIC TURNS AND SKILLS FOR THEMSELVES (DRAG-BACK)



Southlake Session Plans

SESSION TOPIC: DRIBBLING WEEK 1

DRILL 3: 4v4 ATTACKING 4 GOALS



ORGANIZATION:

SET UP A GRID 30x30 YARDS.

PLACE MANY MINI GOALS AROUND THE AREA. (TRY TO HAVE AS MANY GOALS AS THERE ARE PLAYERS).

OBJECT FOR PLAYERS TO DRIBBLE AROUND GRID AND SCORE AS MANY GOALS AS THEY CAN IN 45 SECONDS.

FOUR PLAYERS ARE GATEKEEPERS AND PROTECT THE GATES, TO STOP PLAYERS DRIBBLING THROUGH THE GOALS. THESE PLAYERS CANNOT TACKLE. WORK FOR 45 SECONDS AND THEN CHANGE THE TWO GATEKEEPERS. LET EVERY PLAYER HAVE A CHANCE TO BE A GATEKEEPER.

COACHING POINTS:

1. LOOK FOR OPEN GOALS AS THE DEFENDERS ARE OCCUPIED WITH OTHER ATTACKERS
2. HEAD UP AS OFTEN AS POSSIBLE - KNOW WHERE THE DEFENDERS ARE AND WHERE THE GOALS ARE
3. AVOID AND BEAT DEFENDERS WITH QUICK TURNS OR SKILLS
4. KEEP BODY IN BETWEEN DEFENDER AND BALL TO PROTECT IT
5. ENCOURAGE PLAYERS TO TRY SPECIFIC TURNS AND SKILLS FOR THEMSELVES (DRAG-BACK OR SCISSORS)

DRILL 4: FULL SCRIMMAGE



ORGANIZATION:

SET UP A PITCH 40 x 30 YARDS.

2 TEAMS

COACHING POINTS

TRY TO DEVELOP TECHNIQUES USED IN PREVIOUS DRILLS IN TODAY'S SESSIONS.