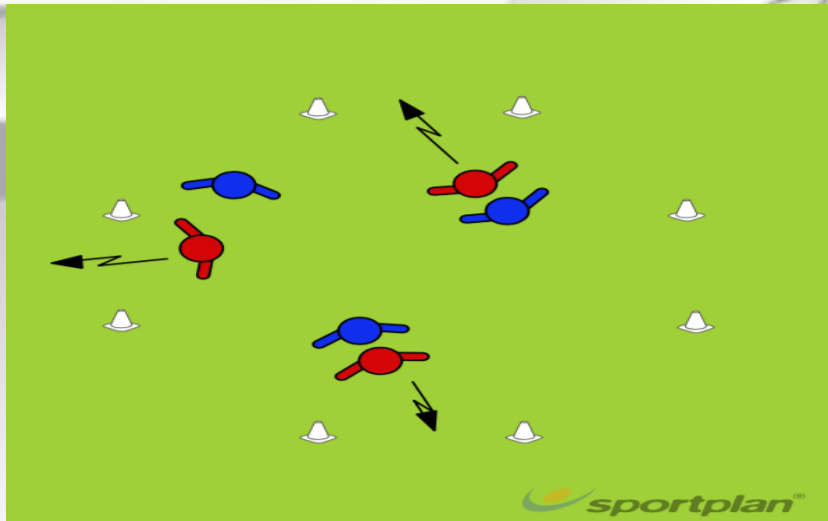




Southlake Session Plans

SESSION TOPIC: DRIBBLING AND CHANGING DIRECTION WEEK 5

DRILL 1: 4 GATE PAIR WARM UP



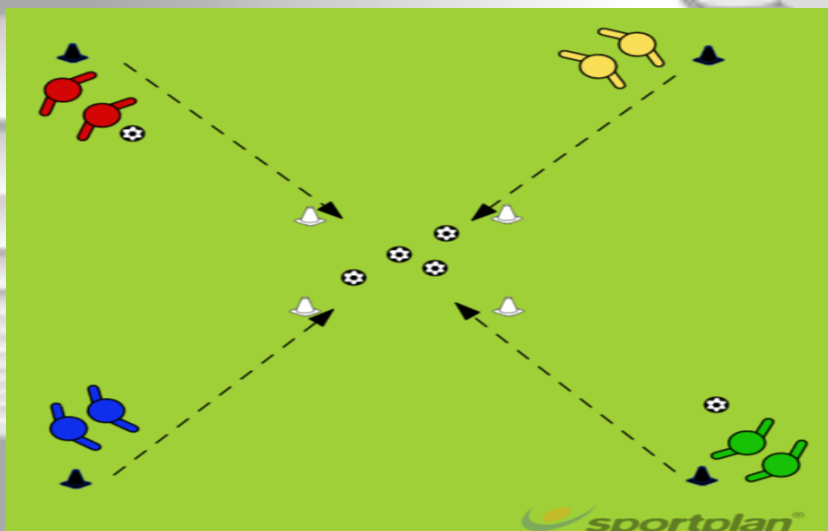
ORGANIZATION:

SET OUT A 25X25 PLAYING AREA WITH A GATE PLACED ON EACH SIDE OF THE SQUARE. GET ALL PLAYERS INTO PAIRS AND NUMBER THEM 1 AND 2. BOTH PLAYERS WILL BE RUNNING AROUND THE SQUARE WHEN COACH SHOUTS GO, PLAYER ONE HAS TO RUN THROUGH ONE OF THE GATES BEFORE PLAYER 2 TOUCHES AND TAGS THEM. YOU THEN SWAP OVER ROLES AND YOU CAN ALSO ADD A BALL, BUT INSTEAD THIS TIME YOU'RE LOOKING TO DRIBBLE THROUGH THE GATE.

COACHING POINTS:

- 1: QUICK REACTIONS
- 2: KEEP YOUR HEAD UP SO YOU DON'T RUN INTO ANY OTHER PLAYERS.
- 3: LOOK TO SEE WHICH GATES ARE FREE, SO YOU HAVE MORE SPACE TO ATTACK A GATE WITH THE BALL.
- 4: WHEN DEFENDING STAY CLOSE TO THE ATTACKER SO THEY DON'T GET AWAY
- 5: LOOK TO CHANGE DIRECTION TO TRICK DEFENDER

DRILL 2: ROBIN HOOD



ORGANIZATION:

SET OUT A 30X30 PLAYING AREA, WITH A BOX IN EACH CORNER OF THE GRID AND PUT ALL SOCCER BALLS IN THE MIDDLE. HAVE 2 PLAYERS IN EACH BOX. THE PLAYERS MUST RUN TO THE MIDDLE AND DRIBBLE A SOCCER BALL BACK TO THEIR SQUARE, THEN GO GET ANOTHER AS SOON AS THE BALL IS RETURNED. PLAYERS ARE ONLY ALLOWED TO DRIBBLE ONE BALL AT A TIME. AFTER A FEW TURNS, THE GAME CAN BE PROGRESSED, WHEN NO SOCCER BALLS ARE LEFT IN THE MIDDLE, PLAYERS CAN STEAL FROM OTHER SQUARES.

COACHING POINTS:

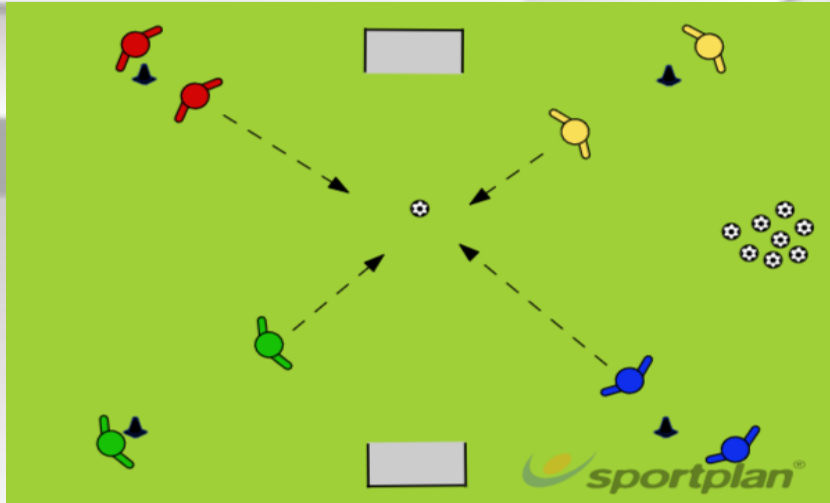
1. KEEP THE BALL CLOSE TO THEM AND REACT QUICKLY ON WHISTLE
2. KEEP HEAD UP AS OFTEN AS POSSIBLE
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT SURFACES OF THE FOOT
4. DRIBBLE AT SPEED
5. PULL BACK TURN



Southlake Session Plans

SESSION TOPIC: DRIBBLING AND CHANGING DIRECTION WEEK 5

DRILL 3: 4 CORNERS



ORGANIZATION:

SET UP A GRID 30X20 YARDS. 2 GOALS EACH END. PLAYERS ARE NUMBERED AND SENT TO A CORNER. EACH TIME THE COACH THROWS THE BALL INTO PLAY, ONE PLAYER FROM EACH TEAM COMES OUT AND FACE EACH OTHER IN A 1VS1VS1VS1 FORMAT. FIRST PLAYER TO SCORE IN EITHER GOAL WINS THE BALL, AND THAT COUNTS AS A TROPHY. TEAM WITH MOST TROPHY'S WIN.

COACHING POINTS:

1. STAY AWARE ON YOUR TOES, READY FOR NEW BALL.
2. GET OUT TO BALL QUICKLY.
3. LOOK TO RUN INTO EMPTY SPACE WITH THE BALL
4. WHEN THE SPACE IS CROWDED, IMPLEMENT A TURN TO HEAD TOWARDS OPPOSITE GOAL
5. GET A QUICK SHOT OFF WHEN POSSIBLE.

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.