



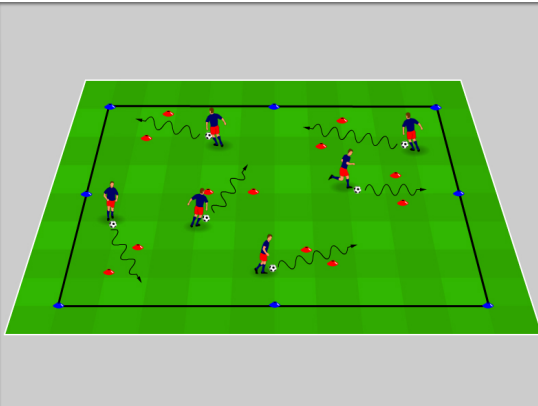
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

**Date:** 30/May/2016  
**Time:** 18h 00m  
**Duration:** 00:30 min  
**Age/Level:** U11 - U14

**Session:** Dribbling  
**Objective:**

## U11/12 Week 1

### Dribble Gates



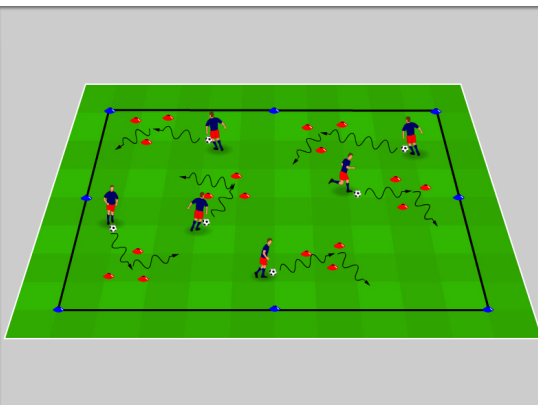
#### Description:

Set up a number of gates spread out around the working area. Each player has a ball and on the coaches command they dribble through as many gates as possible in a minute or two. Repeat a few times challenging the players to get through more gates than the last time.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase
5. Change direction

### Triangle Challenge



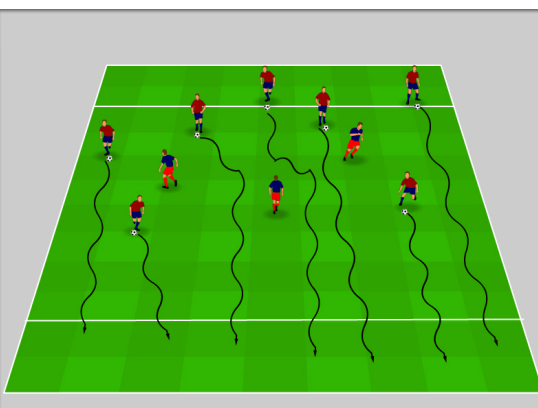
#### Description:

In a 20X20 grid, set up a number of triangles. Players dribble into a triangle and perform 3 toe taps before exiting through a different side of the triangle. Give the players 60 seconds to see how many triangles they can through. Run it again to see if they can get through more. Add a few extra seconds each time.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase
5. Change direction

### Cops and Robbers



#### Description:

Set up a 40X20 grid. All except 2 players line up at one end of the grid. The other 2 (cops) stand in the middle. On the coach's signal, the robbers try to dribble their ball to the other end of the grid. If one of the cops takes a ball from a robber, then the robber becomes a cop too.

#### Coaching Points:

1. See the ball/Opponents/Open space
2. Attack opponents straight-on
3. Change of Direction & Speed
4. Use tricks/feints and skill the beat defenders
5. Sell the feints