



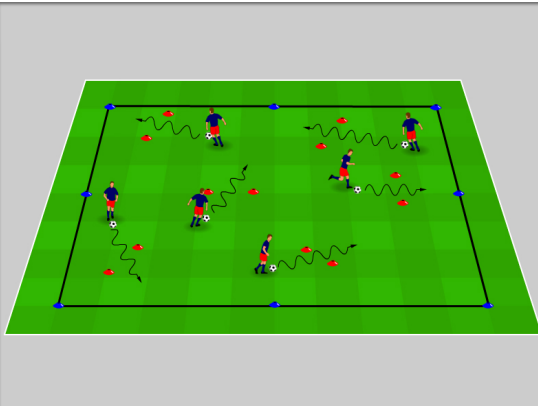
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session: Dribbling
Objective:

U11/12 Week 9

Dribble Gates



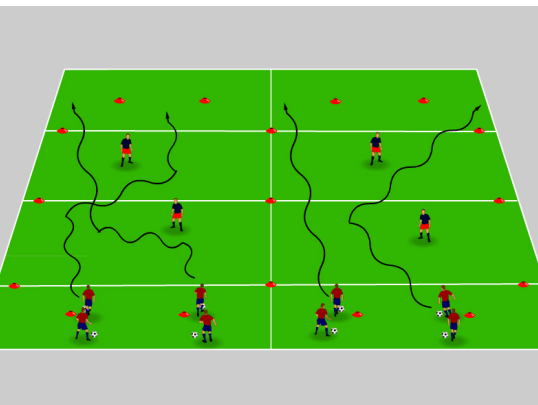
Description:

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

Jail Break with a Ball



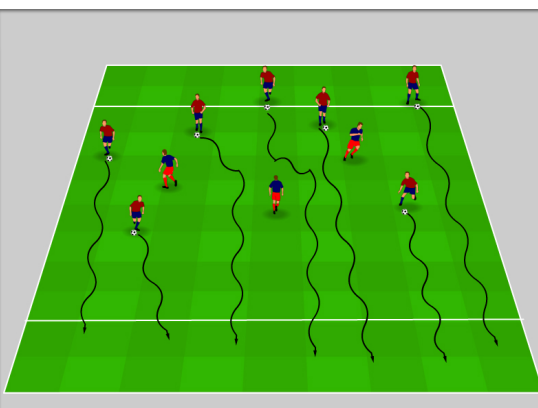
Description:

Set up (2) 15 X 10 yard grids with 1 defender in each. Defenders must stay in their grids. 2 players go at the same time trying to dribble through both grids without losing their balls. Players must use tricks and feints to beat the defenders. If an attacker loses their ball, they change places with the defender.

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

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