



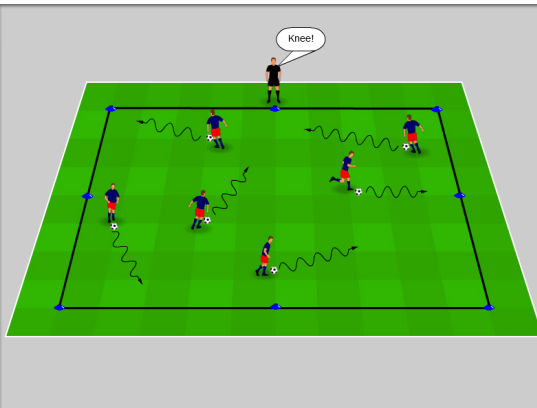
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Time: 18h 00m
Duration: 00:30 min
Age/Level: U8 - U10

Session Dribbling
Objective:

U9/10 Week 1

Body Parts



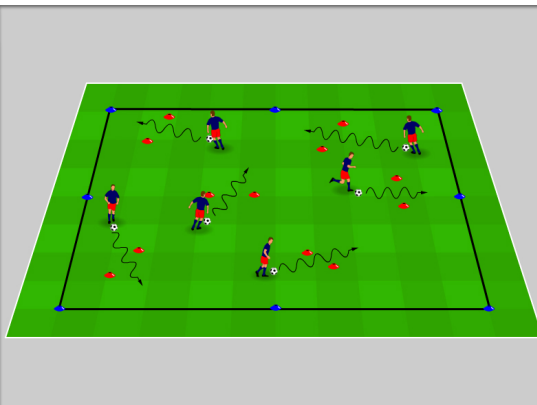
Description:

On your signal, the players will dribble their ball around the area. Once you shout out a part of the body (e.g. Knee) the kids have to stop dribbling with their foot and put that part of their body on the ball. When you call "carry on dribbling" the kids will do just that and await the next body part. Try using parts of the body which may be difficult for them to balance on e.g. their knee, elbows, head, back.

Coaching Points:

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

Dribble Gates



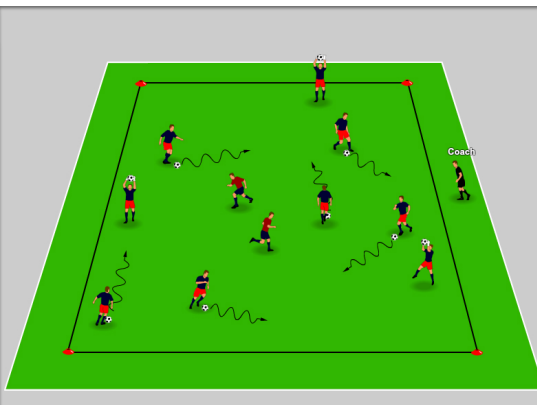
Description:

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

Freeze Tag



Description:

2 or 3 players are the taggers and the other players have soccer balls at their feet and dribble around the area. On 'go' the taggers will try to touch a players ball. Once a players ball has been tagged they pick-up their soccer ball and hold it above their head. To unfreeze a player, another player must play their ball between the players legs to free them.

Coaching Points:

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