



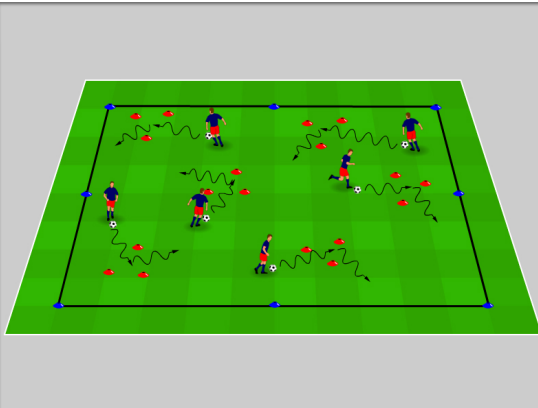
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

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

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

## U9/10 Week 2

### Triangle Challenge



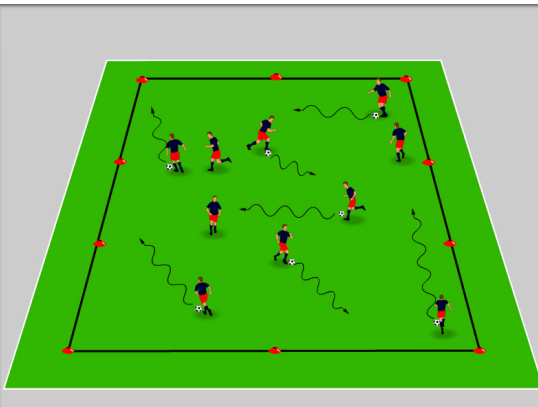
#### Description:

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 get 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

### Take a Ball



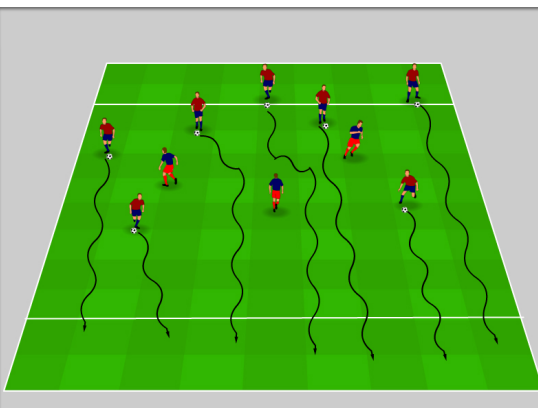
#### Description:

Set up a 20X20 grid. 8 players with a ball and 4 without. The idea is very simple. Players with a ball dribble and the players without a try to get one. If a player steals a ball, he will dribble and the player that lost the ball must take one from someone else.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Shield the ball
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