



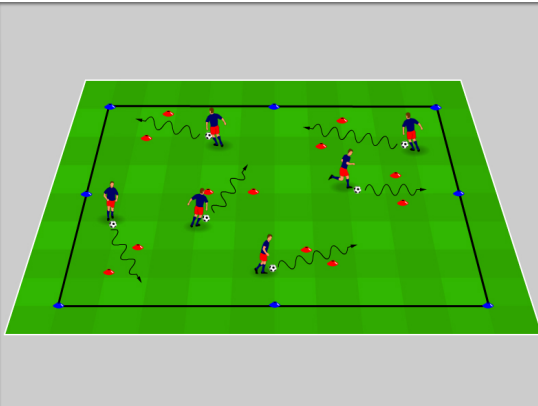
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Dribbling
Objective:

U9/10 Week 9

Dribble Gates



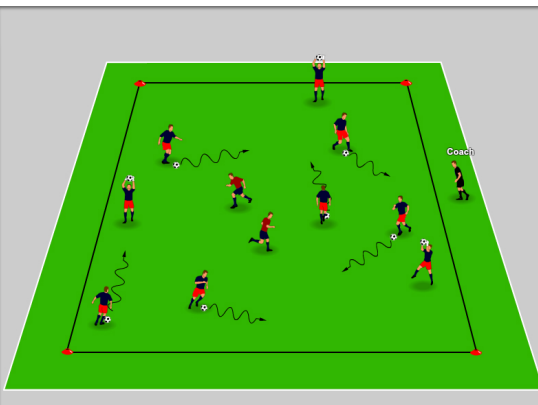
Description:

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

Freeze Tag



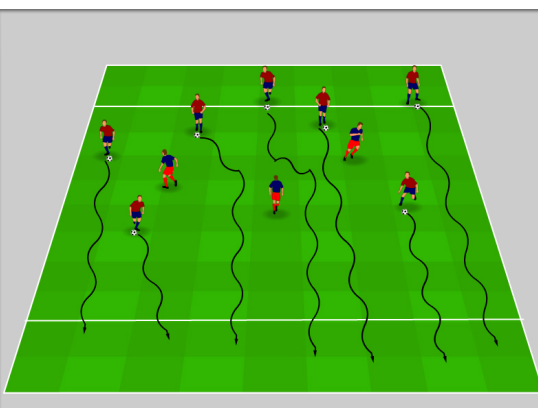
Description:

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

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