



u8 ADP session plan week14

Category: Technical: Dribbling and RWB

Difficulty: Beginner | Start Time: 29-Jan-2017 17:00h

Am-Club: Oakville Soccer Club
Carl Horton, Oakville, Canada

Ball Mastery (15 mins)

Organization:

12 players are placed on the outside of a 20x20yds area as shown. Each player has a soccer ball

Procedure:

Players start by dribbling across the area all at the same time, showing correct dribbling technique (outside/laces of foot). Once the player gets to the opposite line they perform a turn (drag back, inside cut, outside cut) and dribble back to their starting position.

Progression. Players work on dribbling across to opposite line & back performing designated ball manipulation moves as noted below, Players rotate to different lines to work on different moves after a set time.

Variations:

Line 1: Inside/Outside Cuts

Line 2: Ball Boxing (Inside touches)

Line 3: Sole Rolls

Line 4: Be Creative (any moves)

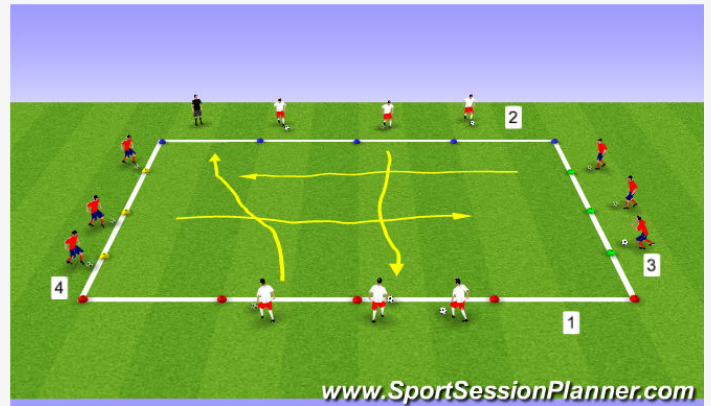
Coaching Points:

Awareness of ball, space and other players

Close control of the ball

Lots of touches

Changes of direction/speed



Dribbling Technical (15 mins)

Organization:

12 players organized as shown as above. Each player has a soccer ball.

Procedure:

2 group of 5-6 players with 1 group in the middle of the area & 2nd group spread around the outside of the area. Players in middle have a ball each & perform 'ball boxing' whilst attempting to tag dribblers to score points. Players on the outside attempt to dribble through the group without being tagged & perform a simple turn in opposite line & return to start point to score. Rotate roles of players.

Coaching Points:

Awareness of ball, space, taggers & other players

Close control of the ball

Play with head up

Lots of touches

Changes of direction/speed



1v1 Skill (15 mins)

Organization:

12 players organized as above inside a 20 x 20 yds area.

Procedure:

Players on opposite lines play against each other. Ball is passed across the area to opponent & then play 1v1. A point is awarded if receiving player beats their opponent & gets on to the opposite line. Rotate roles of players each time a new game starts & change opponent after 2 minutes.

Coaching Points:

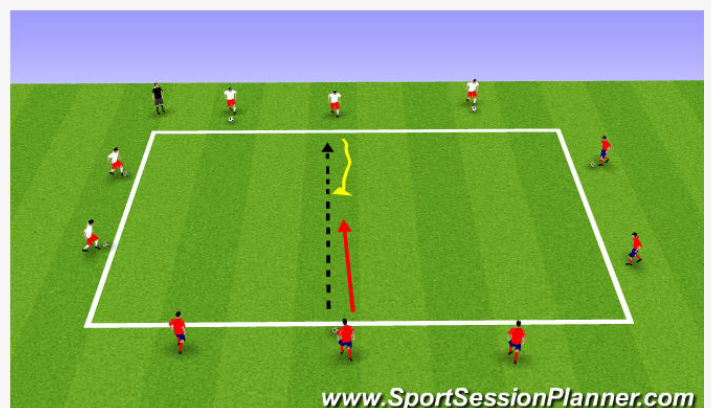
Awareness of ball, space and defender

Close control of the ball

Play with head up

Lots of touches

Changes of direction/speed



2 Way SSG (B) (15 mins)

Organization:

10-12 players are set up as shown inside a 30 x30 yds area
Divide group into 4 teams (2-3 per team depending on numbers).
Play 2 games going across from each other. Change the
opposition every few minutes. If ball goes out of play, ball can be
passed or dribbled in.

Coaching Points:

Awareness of ball, space and defender
Close control of the ball
Play with head up
Lots of touches
Changes of direction/speed

