



UHL Session 5 U9-U10

Category: Technical: Dribbling and RWB

Difficulty: Moderate

Am-Club: Oakville Soccer Club
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Description

Warm Up (10 mins)

Organization

- 30 x 30 Area
- Attacking players in the middle with the ball each
- Defending players X 4
- One defender between each of the 4 sets of gates on the outside of the area

Activity

- The players in the middle dribble around the area and attempt to exit the space through one of the outside gate son any of the 4 sides of the box
- The defenders will stand between a set of two gate son the outside of the area. The defenders are attempting to tag the player with the ball but cannot step in to the gates
- If the defender can tag the attacker they lose all of their points
- Run the activity for two minutes and the player who has dribbled through the most gates wins
- All players rotate through being defender

Progression

- Put the attacking players in pairs with the same objective of running through the gates
- Add defenders to the central areas

Coaching Emphasis

- Awareness of open space and decision making - **Psychological**
- changing speed and direction - **Technical/Physical**
- Ball manipulation and mastery - **Technical**
- Fun - **Social**



Intial Game (10 mins)

Organization

3v2 on the field

Activity

- The team with 3 attempt to get in to the middle shaded area and the team with two attempt to prevent them
- The team with 3 score the point by getting to the shaded area.
- The team with two attempt can score by dribbling out of any of the outside gates.

Coaches Emphasis

- Use of different areas of the foot
- Positive attacking play
- Awareness of space and players
- Encourage 1v1 where possible
- Making good decisions
- FUN



Activity (15 mins)

Organization

- 30 x 30 area
- Set up pairs of gates on the outside of the area with the gate around 3 yards apart
- Players set up in between the two gates with one either side of the line, players facing each other

Activity

- Players begin by shaking hands
- The player on the outside of the square then attempts to get through either gate without the inside player tagging them. (No ball)
- The defending player can only tag when inside one of the gates and they cannot cross over the central line
- Let the players switch after each go and continue the activity for 2-3 minutes

Progression

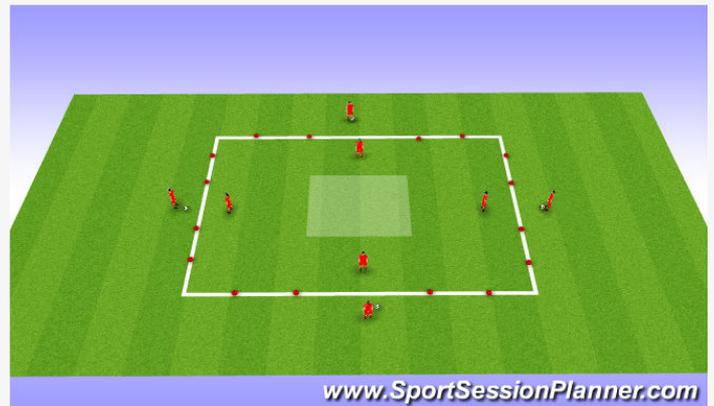
- The ball is now added and the players on the outside are attempting to create the space to pass through one of the gates
- The defenders are now attempting to block the pass through the gates

Progression

- The attackers now can pass through the gate for one point or they can attempt to dribble through the gate and in to the central square before putting their foot on the ball for 5 points
- The defender is now trying to block the pass or the dribble through. If they can defend the attacker and win the ball before they get to the central square and in turn get to the square themselves then they are able to get the 5 points.

Coaches Emphasis

- Keep the ball moving
- Changes of speed and direction
- Sell the fake
- Drop shoulders and use hips to fool defender
- Use body to protect the ball when necessary



Final Game (20 mins)

Organization

- 5v5/7v7 game (Space Dependant)

Activity

- The players play a standard game for their age and stage
- The coach's role in this game is to allow the players to play and display what they have taken from the session.

Coaches emphasis

- Encourage Players to be positive
- Make good decisions
- Attack with speed
- Awareness of players and space

