

U9-U10 Coaches Clinic - Basic Ball Control

Date : 8/Sep/2013

Duration : N/A

Session

Ball control/comfort. Introduce

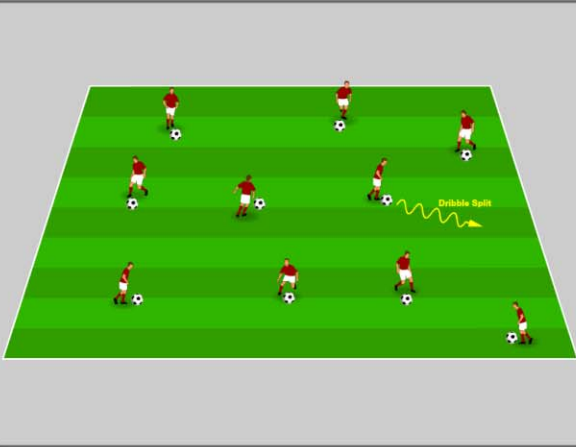
Time : N/A

Age/Level : U8 - U10

Objective:

dribbling surfaces/movements

Grid Dribbling Activities



Description :

Every player with ball dribbling in a grid. Make competitive from start by telling players they lose a point if: ball stops moving, ball goes out, ball or player runs into another ball/ player.

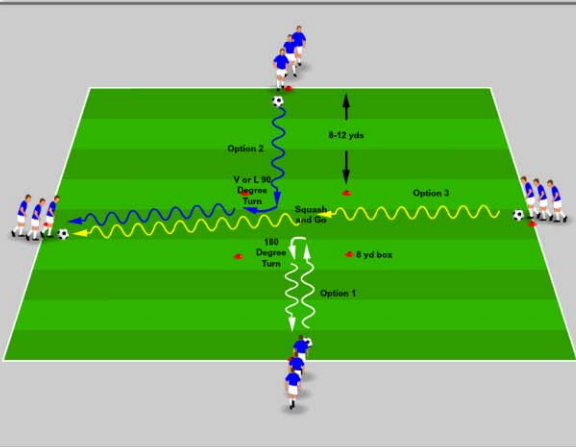
Activities: Dribble tag - player gets a point for tagging the body part on another player while dribbling. Body part dribble - players stop ball with body part called out by coach. Musical balls - on coach command stop dribbling your ball and dribble another as fast as possible. Dribble split- point every time you can split two other players on the dribble.

Coaching Points :

Ball under close control when near other players/opponents, bigger touches and faster when you have space. Head up and peeking at what is around you. Change speeds and direction.

Touch types to introduce with both feet: dribble with laces/front of foot, outside of foot/ small toe, sole of foot, squash to stop ball, pendulums/foundations, rolls, sole-laces, outside-inside, V's, L's, etc.

Colorado Rapids Box - Dribbling



Description :

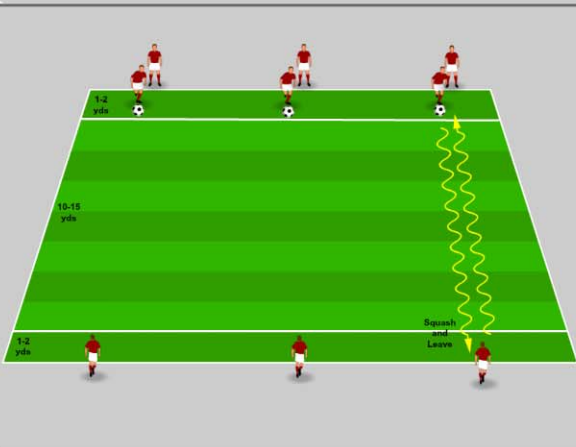
1. Dribble into box, 180 degree dribble turn (inside cut, outside cut, Cruyff), dribble back to next player in same line for takeover (right foot to right foot or left foot to left foot)
2. Dribble into box, 90 degree dribble turn (V or L), dribble out in new direction for takeover with next player in line on right or left
3. Dribble into box, squash and go, dribble out across grid to opposite line for takeover with next player

Coaching Points :

Bigger touches when farther from box, smaller touches as you get closer to box. Make sure body/hips go with ball on dribble turns. Accelerate out of turns for explosive change of direct.

Touch types to introduce with both feet: dribble with laces/front of foot, outside of foot/ small toe, sole of foot, squash to stop ball, pendulums/foundations, rolls, sole-laces, outside-inside. 90 turns: V's, L's, 180 turns: inside/outside cuts, pull back, cruylff, squash and turn, etc.

Dribble Relay to End Zones



Description :

Dribble relay race to end zones - groups of 3-5 players (maximizes repetitions/work-to-rest) Player starts with ball in one end zone, dribbles as fast as possible to other end, squashes ball in other end zone and teammate repeats. Player dribbling ball must fully stop it in end zone before teammate can start.

Set specific # of times each player must go for race. When team finishes, they sit down and yell done. Make competitive.

Coaching Points :

Big/long touches when farther from end zone, smaller and more controlled touches when you get close to end zone.

Touch types/sequences to introduce with both feet: dribble with laces/front of foot, outside of foot/small toe, sole of foot, rolls, sole-laces, outside-inside, various combinations, etc.