

SUPERSTARS

DRIBBLING SESSIONS

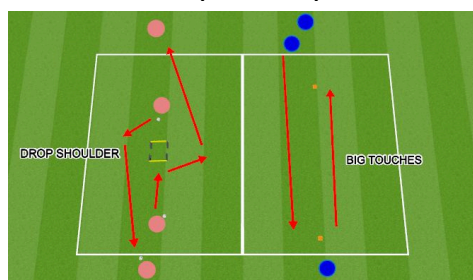


DRIBBLING- DROPPING SHOULDER AND PUSH

Category: Technical: Dribbling and RWB
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

UNOPPOSED (10 mins)



UNOPPOSED DESCRIPTION

- LEFT BOX: DROP SHOULDER AND PUSH TO RIGHT-THEN DRIBBLE TO THE END
- RIGHT BOX: BIG TOUCHES- CHALLENGE TO DO IN AS LITTLE AS POSSIBLE TO WHILE KEEPING BALL UNDER CONTROL

ROTATE GROUPS AFTER 1MIN30

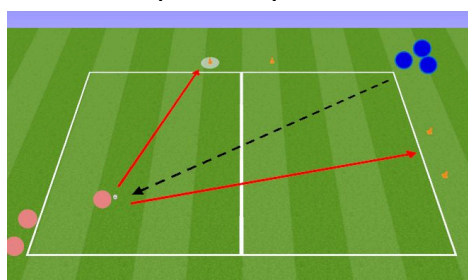
COACHING POINTS

- REINFORCE THE THE DROP SHOULDER AND GO
- CHANGE OF PACE
- USING TOES WHILE DRIBBLING, ON BALLS OF FEET

PROGRESSIONS

- LEFT BOX- CAN GO EITHER DIRECTION- CHANGE TO SCISSOR MOVE
- RIGHT BOX-ADD BIB TO EACH PLAYER WHICH IS TUCKED IN- FIRST PLAYER HAS TO THEN CHASE DOWN 2ND PLAYER TO GET THE BIB BEFORE THE END OF THE BOX

OPPOSED (15 mins)



OPPOSED DESCRIPTION

- START WITHOUT THE BALL
- REDS HAVE TO GET THROUGH EITHER OF THE GATES WITHOUT BEING TAGGED BY THE BLUES. ONE POINT FOR GETTING THROUGH
- BLUES THEN JOIN RED LINE AND VICE VERSA
- ONLY ONE OR TWO TURNS EACH JUST TO GET USED TO IT THEN PROGRESS TO USING THE BALL

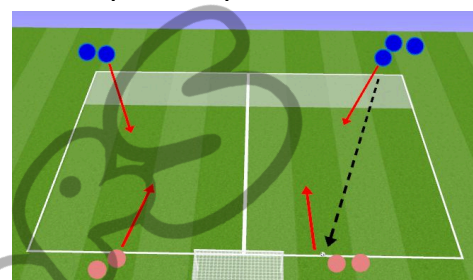
ADD THE BALL

- BLUES PASS INTO REDS WHO CONTROL AND THEN TRY TO DRIBBLE THROUGH THE CONES TO SCORE

COACHING POINTS

- REINFORCE THE THE DROP SHOULDER AND GO
- QUICK DECISIONS
- CHANGE OF PACE
- IDENTIFY WHERE THE DEFENDER HAS GONE

GAME (20 mins)



GAME DESCRIPTION

- COACH IN GOAL
- DEFENDING TEAM (BLUES) VS ATTACKING TEAM (REDS)
- DEFENDER PASSES INTO ATTACKING TEAM WHO ATTACK THE SHADED AREA- SCORE BY DRIBBLING INTO THE END ZONE
- IF DEFENDERS WIN THE BALL THEY TRY TO SCORE IN THE GOAL
- BOTH DEFENDERS AND ATTACKER CAN ONLY STAY ON THEIR SIDE OF THE BOX SO IT STAYS 1V1
- 1 POINT FOR END ZONE 1 POINT FOR DEFENDERS IF THEY SCORE IN THE GOAL
- CHANGE AFTER 3 MINS

COACHING POINTS

- REINFORCE THE THE DROP SHOULDER AND GO
- QUICK DECISIONS
- CHANGE OF PACE

PROGRESSION

- ATTACKERS CAN WORK ON EITHER SIDE- CREATES OVERLOAD 2V1 TO MAKE EASIER FOR ATTACKERS IF NECESSARY
- FLIP THIS SO DEFENDERS CAN GO TO EITHER SIDE SO MAKES IT HARDER FOR ATTACKERS

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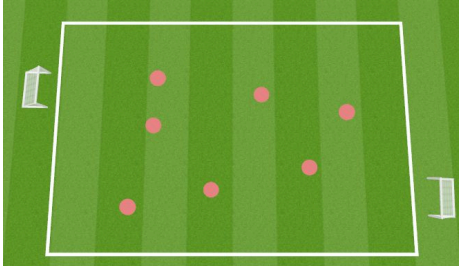


DRIBBLING AND BALL PROTECTION-1

Category: Technical: Dribbling and RWB
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

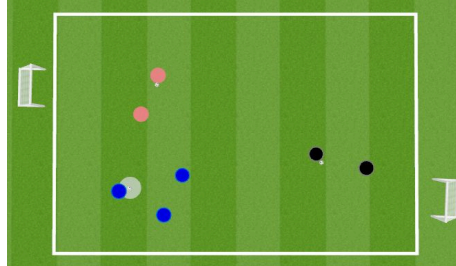
UNOPPOSED (5 mins)



UNOPPOSED-SHOW ME WHAT YOU CAN DO?

- EVERY PLAYER WITH A BALL
- OVER TO THEM- 30SECS TO 1 MINUTE OF SHOWING SKILLS- WHATEVER THEY WANT TO DO
- COACH SHOWS- ONE DRIBBLE MOVE- 30 SECS-1 MINUTE OF PRACTICE
- BALL IN THE AIR- KEEP THE BALL OFF THE GROUND- BELOW HEAD HEIGHT-CHALLENGE INDIVIDUALS

OPPOSED (10 mins)



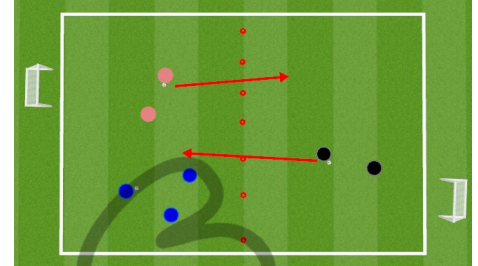
OPPOSED-1V2 OR 1V1

- ONE PLAYER WITH A BALL VS A PARTNER OR TWO OTHER PLAYERS IF THAT PLAYER NEEDS A CHALLENGE
- KEEP THE BALL BY DRIBBLING/BALL PROTECTION FOR AS LONG AS POSSIBLE
- IF THEY LOSE IT IMMEDIATELY SWAP OVER AND OTHER PLAYER HAS THE BALL UNTIL HE LOSES IT
- WORK FOR 1MIN30 SECS THEN REST- COACHING POINT OR REINFORCEMENT- OR DEMONSTRATE NEW SKILL

COACHING POINTS

- BODY POSITION TO PROTECT
- USES OF ARMS
- CLOSE CONTROL
- SHORTER TOUCHES WHEN FACED UP AGAINST A DEFENDER VS BIG TOUCHES TO GET AWAY FROM DEFENDER WHEN BEING CHASED DOWN

OPPOSED 2 (10 mins)



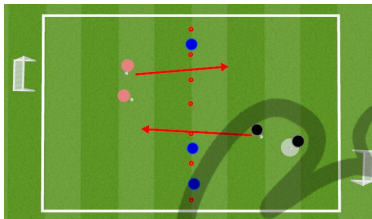
OPPOSED-1V2 OR 1V1

- ADD A LINE TO MAKE IT DIRECTIONAL
- 1 POINT FOR CROSSING THE LINE

COACHING POINTS

- BODY POSITION TO PROTECT
- USES OF ARMS
- CLOSE CONTROL
- SHORTER TOUCHES WHEN FACED UP AGAINST A DEFENDER VS BIG TOUCHES TO GET AWAY FROM DEFENDER WHEN BEING CHASED DOWN

OPPOSED 3 (15 mins)



OPPOSED-LINE DEFENSE

- DEFENDERS ON THE LINE- CANNOT MOVE OFF THE LINE ONLY SIDWAYS
- ATTACKERS SCORE 1 POINT FOR GETTING ACROSS LINE
- EVERY PLAYER WITH BALL WHO ISNT A LINE DEFENDER
- CHANGE DEFENDERS EVERY 1MIN30SECS

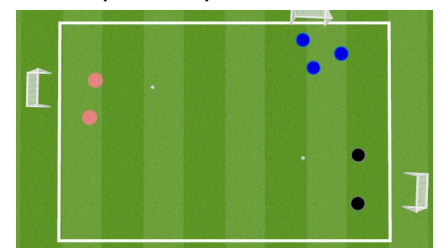
COACHING POINTS

- GOING QUICK-QUICK DECISIONS TO GET ACROSS LINE
- USES OF ARMS
- CLOSE CONTROL
- SHORTER TOUCHES WHEN FACED UP AGAINST A DEFENDER VS BIG TOUCHES TO GET AWAY FROM DEFENDER WHEN BEING CHASED DOWN

PROGRESSION

- DEFENDERS CAN ONLY STAND BETWEEN TWO CONES (GATE)- ATTACKERS CAN ONLY RUN BETWEEN THESE GATES

GAME (15 mins)



GAME-THREE GOAL GAME

- 3 GOALS- EACH TEAM HAS 1 GOAL EACH
- TEAMS START WITH 5 LIVES-LOSE A LIFE FOR EVERY GOAL THEY CONCEDE
- NO GOAL KEEPERS CANNOT STAND IN GOAL

COACHING POINTS

- GOING QUICK-QUICK DECISIONS TO GET ACROSS LINE
- USES OF ARMS
- CLOSE CONTROL
- SHORTER TOUCHES WHEN FACED UP AGAINST A DEFENDER VS BIG TOUCHES TO GET AWAY FROM DEFENDER WHEN BEING CHASED DOWN
- TEAM WORK OUT A STRATEGY TO WIN

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DRIBBLING SESSION 2

Category: Technical: Dribbling and RWB
Difficulty: Academy Sessions

John Shannon, Manchester, United Kingdom
Individual-Adult Member

Description

Purpose/Objectives:

- To improve speed of running without and with the ball.

On the Ball

- Can you run/dribble with the ball? If you can't can you find some who can?
- When running with the ball, can you see beyond the ball?
- Can you change direction when running with the ball?
- Can you shoot at goal? If you can't can you find some who can?
- Can you find creative ways to beat your defender?
- Can you protect the ball away from a defender?
- Where can you move to create a shot on goal?

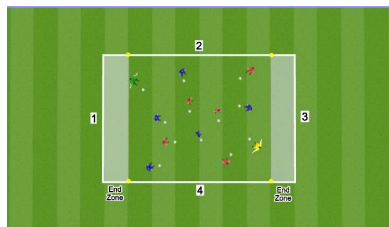
Movement

- Can you help your teammate with the ball?
- Can you move, to allow your teammate with the ball an opportunity to dribble/run with the ball?
- Can you position yourself where you can receive the ball??
- No standing zone!

Width

- Can you see the ball and another teammate?
- Can you see the ball and the goal?
- Can you receive the ball in an area with no opponent close to you?
- Can you create width and still be able to receive a pass?

Police Chase - Put the Foot Down No.1 (10 mins)



Set Up:

- Two (2) teams (ball each) to be numbered 1-3 & 4-6.
- Field size 30 (L) x 30 (W).
- 4 markers.
- Sides numbered 1-4.

Rules/Instructions:

- All players running freely in the area.
- First 3 minutes - low speed intensity, use both feet.
- Next 3 minutes - accelerate when you see a free space in front of you, now only use your right/left foot.

Variation/Progressions:

- Coaches can adjust the size of the area to suit the needs of the players.
- 2 groups at the same time (below).

Player Tips:

- As above

Key Coaching Points:

- Speed with the ball is key.
- Take the minimum amount of touches and keep control.
- Encourage speed and decisiveness from attackers.
- Take care & vision, look out for collisions.
- If necessary slow down and then accelerate again.

Police Chase - Put the Foot Down No.2 (5 mins)



Set Up:

- As above

Rules/Instructions:

- Next 3 minutes - split players into 4 groups 1-3 x 2 & 4-6 x 2. Place each group on one of the four sides as numbered on diagram. Coach calls number & that group runs with the ball across square.

Variation/Progressions:

- Coaches can adjust the size of the area to suit the needs of the players.
- 2 groups at the same time.

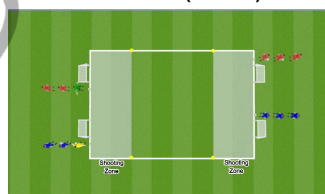
Player Tips:

- As above.

Key Coaching Points:

- As above.

1v1 Police Chase (5 mins)



Set Up:

- Two (2) teams of 6 players (ball each) to be numbered 1-3-5 & 2-4-6 positioned as shown.
- Field size 40 (L) x 30 (W). Shooting Zone 10 (L) x 30 (W) each end.
- 4 markers & 4 small portable goals.

Rules/Instructions:

- On the coaches signal the first player from each team start running with the ball to the opposite goal.
- When they enter the shooting zone they pass/shoot into an empty goal.
- As soon as the ball passes the goal line the next player can start running with the ball in the opposite direction.
- If the ball doesn't go into the goal the player who took the shot must go and touch the player waiting to run with the ball before they can start.
- Which team can complete one full sequence first?

Variation/Progressions:

- Coaches can adjust the size of the area to suit the needs of the players.
- Use right foot or left foot only or both if going twice.

Player Tips:

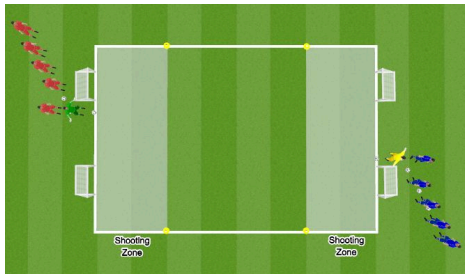
- As above.

Key Coaching Points:

- Speed with the ball is key.
- Take the minimum amount of touches and keep control.
- Encourage speed and decisiveness from attackers and encourage new attackers to begin quickly after shot is taken.

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1v1 Police Chase (Arrests) (15 mins)



Set Up:

- Two (2) teams of 6 players (ball each) to be numbered 1-6 positioned as shown.
- Field size 40 (L) x 30 (W). Shooting Zone 10 (L) x 30 (W) each end.
- 4 markers & 4 small portable goals.

Rules/Instructions:

- On the coaches signal an attacker from the red team begins by running with the ball past the yellow cone shooting line before finishing the ball into one of the goals of the opposing team.
- They can only shoot once they have crossed the line into the shooting zone.
- After shooting the red player must try and recover to stop the next yellow player from trying to score at the opposite end.
- The game ends when everyone has had their turn.
- Count the goals! Which team scores the most goals?

Variation/Progressions:

- Coaches can adjust the size of the area to suit the needs of the players.

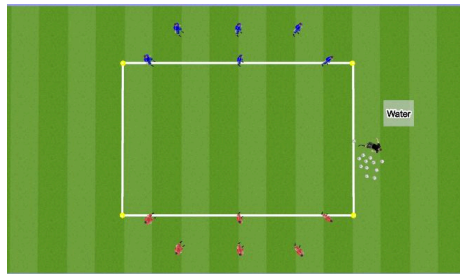
Player Tips:

- As above.

Key Coaching Points:

- Speed with the ball is key.
- Take the minimum amount of touches and keep control.
- Attacker should use body to protect the ball and make quick recovery runs after shooting.
- Encourage speed and decisiveness from attackers and encourage new attackers to begin quickly after opposing shot is taken.

Police Chase (Robbers Run Away) (20 mins)



Set Up:

- Two teams of 6 players each with a 3 v 3 start.
- Field size 30 (L) x 40 (W). Short but wide.
- 4 yellow markers.

Action:

- To score a goal a player must run with the ball across the opponents goal line.
- If the red team wins possession, they can now attack the opponents goal line.

Variation/Progressions:

- The time of sets or size of the area can be adjusted to suit the needs and abilities of the players.

Player Tips:

- As Above.

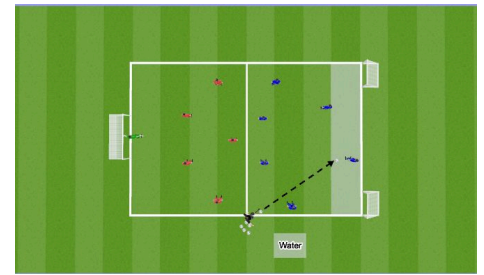
Key Coaching Points:

- Spread out and use the width of the area.
- We must have a central player with a player to the left and right.
- Run with the ball whenever you see space in front of you.
- Don't be afraid to take on opponents.
- When a defender is chasing you use the moves you learned earlier in the technical game.

Session Timing:

- Complete 6 sets of 3 minutes with a 30-second rest in between sets.
- Total time of work is 20 minutes.

Police Chase - Overload (20 mins)



Set Up:

- Field size 40 (L) x 30 (W)
- Full size goal & 2 x mini goals
- End Zone 20 (L) x 30 (W), Middle Zone 15 (L) x 30 (W), Start Zone 5 (L) x 30 (W)
- 1 x GK, 5 x Defenders (red), 6 x Attackers (yellow)

Rules/Instructions:

- Start as shown. Ball is passed by coach to Yellow in start zone.
- Reds & Yellows rotate amongst themselves after each game.

Variation/Progressions:

- The time of sets or size of the area can be adjusted to suit the needs and abilities of the players.

Player Tips:

- As Above.

Coaching Points:

- Coaches Input.

Session Timing:

- Complete 4 sets of 4 minutes with a 1.5 minute rest in between sets.
- Total time of work is 20 minutes.

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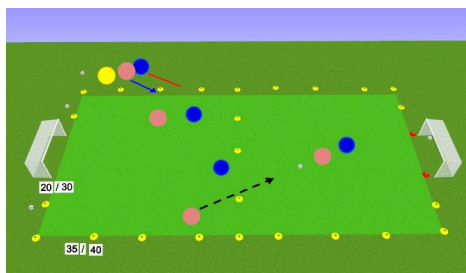
DRIBBLING SESSION- WEEK 2 UNDER 6'S

Category: Technical: Dribbling and RWB
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

Description

Welcoming SSG (10 mins)



Welcome GAME/ Play-Practice-Play Methodology

UNDER 6S WE ARE STARTING WITH A NEW METHODOLOGY: It's called Play-Practice-Play. The idea is to get the players playing as they arrive by getting them going in a game. As players arrive we add to the game until we get to 2v2 or 3v3. This method serves the players and coaches by:

1. Getting the kids playing right away. Their favorite part of the practice.
2. Allow for everyone to show up before we start the practice activity or lesson for the day.
3. Get some energy out before the lesson starts and help players be more attentive during the lesson.

You should play for 15 minutes and then get into the two training activities before ending the practice with another scrimmage.

DEFENDER ON A WIRE-GAME (15 mins)



2V1 NOW - 2 ATTACKERS VS 1 DEFENDER

Defender on a Wire - Helps players learn to dribble to get past defenders in a non-threatening environment.

Please note: The defenders must stay on an imaginary line connecting the two cones. Defenders can only move side to side and can never go forward or backward or they will fall off.

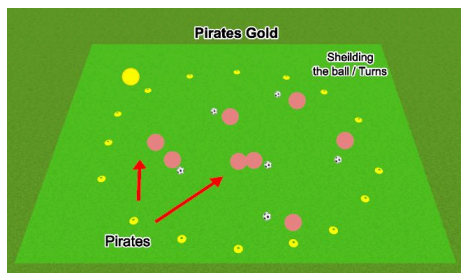
On coaches command, the player at the front of the line tries to dribble past the 1st defender and if he makes it then they continue on until they lose the ball out of the zone or the defender wins it. If their ball is cleared or lost then run back and join the back of the line and play continues.

Switch defenders every 3 minutes. Send one player at a time but if a player is struggling then send two to help them get past the first defender.

Coaching Points:

- Can just do two defenders if you prefer.
- Change speed and change direction
- Use a fake to deceive the defender
- Don't wait till your too close to change speed or direction. Do move before you move into the defender's reach.
- Keep the ball close and don't stop when approaching the defender. Use speed to get through.

Pirates Gold (15 mins)



Pirates Gold - Ball stealing game (Shielding/turns)

Everyone needs a ball. However, you'll take away two players' balls before starting and those players will start off as the Pirates. Please note: in this game the Pirates change every time a ball is stolen. If you lose gold then you must quickly try to find it. Also, you cannot steal the ball back from the same person who stole it from you. Play for three rounds of 1-2 minutes each. Each round you'll add another pirate up to an even numbers of pirates and dribblers. Who has the gold at the end of the game!

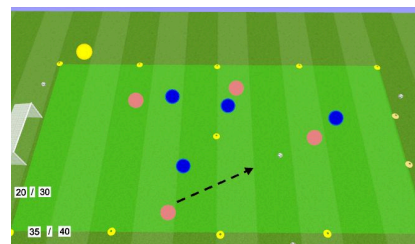
Organization/Rules:

- You must try to protect your ball by shielding it and then dribbling away.
- Also, if a pirate is chasing you and you dribble out of bounds then you must give your ball to them

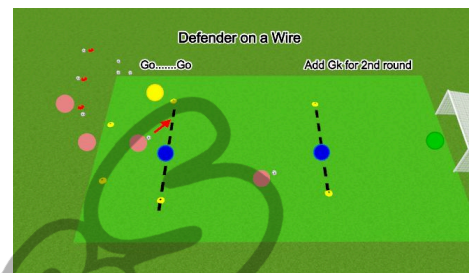
Coaching Points:

- Put your body in between the ball and the defender to shield
- Sideways on with knees bent and arm out.
- Don't shield for long just enough to protect and then try to dribble away
- Use turns to escape

Closing GAME (15 mins)



Defender on a Wire (15 mins)



Defender on a Wire - Helps players learn to dribble to get past defenders in a non-threatening environment.

Please note: The defenders must stay on an imaginary line connecting the two cones. Defenders can only move side to side and can never go forward or backward or they will fall off.

On coaches command, the player at the front of the line tries to dribble past the 1st defender and if he makes it then they continue on until they lose the ball out of the zone or the defender wins it. If their ball is cleared or lost then run back and join the back of the line and play continues.

Switch defenders every 3 minutes.

Send one player at a time but if a player is struggling then send two to help them get past the first defender.

Coaching Points:

- Can just do two defenders if you prefer.
- Change speed and change direction
- Use a fake to deceive the defender
- Don't wait till your too close to change speed or direction. Do move before you move into the defender's reach.
- Keep the ball close and don't stop when approaching the defender. Use speed to get through.

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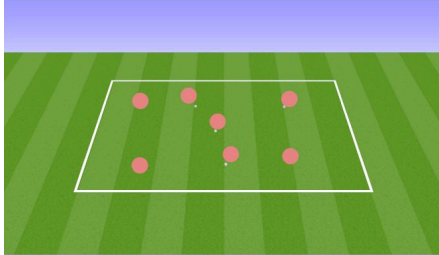


DRIBBLING BASICS- 4-6 YEAR OLDS

Category: Technical: Dribbling and RWB
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

Ball mastery (technique) (15 mins)



THE SESSION:

- Ball mastery
START WITH SMALL TOUCHES AND THEN BIG TOUCHES- (MESSI AND RONALDO)

1. Inside cuts (R & L)
2. Outside cuts (R & L)
3. Drag back (R & L)
4. Step over (R & L)
5. Double step over
6. Be Creative

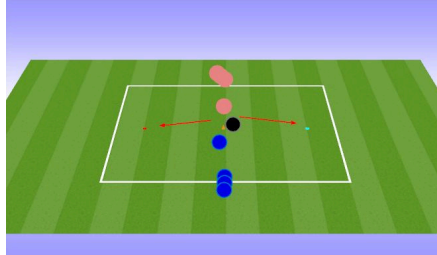
PROGRESSION:

- Encourage players to use both feet and increase the speed
- Add one defender (player who lose the ball becomes defender)

KEY MESSAGES/POINTS:

- Body shape
- Technical execution
- Head up
- Close to ball
- Change direction quick

Athletic Development (15 mins)



THE SESSION:

Players race into the middle cone where coach is standing, coach throws down a coloured bib (red or blue) whichever colour he throws down players must react and run to the marker with same colour.

PROGRESSIONS:

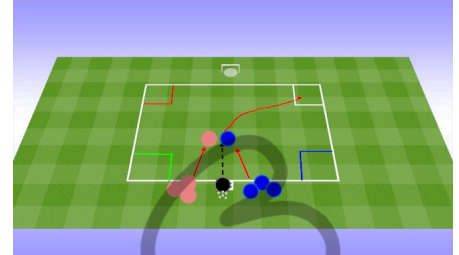
-add ball

-red is blue / blues is red

KEY MESSAGES/POINTS:

- Quick reaction
- Light on feet
- Competitive to win battle

1v1 SSG (15 mins)



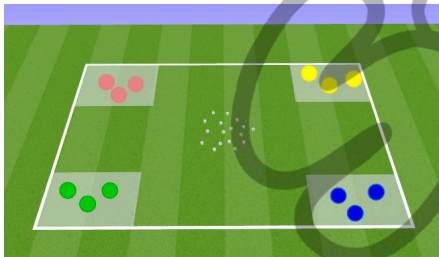
THE SESSION:

- The Coach starts the practice by playing the ball into the playing area for 1 player from each team to play 1v1.
- To score, players have to dribble into any of the 4 corners. Only when a team has scored in all 4 gates can they then attack the goal to score, this is then the winning team.

KEY POINTS:

- Aggressive/positive attacking play
- Speed of play
- Creative moves to lose the defender
- Dominate opponent

Dribbling fun game (15 mins)



THE SESSION:

- An area 25x25yds is organised with four corner boxes - adjust size to your needs
- 4 teams of three players
- On coach's command, players bring footballs in the middle to their own box using feet.

- Once all balls in the middle are gone, players can bring balls from other team's box.

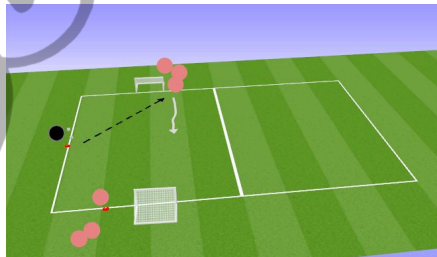
- Play for 60 seconds, and the team with most balls in their box wins.

-Once all balls are gone from middle players can tackle others

KEY MESSAGES/POINTS:

- Fundamental movements
- Turning
- Twisting
- Changing direction
- Awareness

1v1 Domination (15 mins)



Session

- Coach passes the ball into Player A who attacks. Defender can close down as the ball is passed. The attacker tries to beat defender to score in mini goal. If the defender wins the ball, they can score in mini goal. After they score or ball out, the coach will pass the ball to the defender and try to score again

Progression

-2v2

Coaching Points

- Receive with backfoot
- First touch needs to be out of feet
- 1st touch dependent on defenders position
- Head Up
- Creative skills
- Speed changing
- Explode into space