

Dribbling and Running with The ball (RWTB)

Date : 24/Mar/2014
Time : 06h 00m

Duration : 1:30 hour
Age/Level : U8 - U10

Session Objective: To improve Dribbling and RWTB in different directions

Dribbling/RWTB Warm-up Circuit



Description :

1. Player Different Frequency Sequences through the Ladder
2. Player Receives the ball From Coach and Performs a Dribble/RWTB through the zone
3. Players switch groups to alternate feet

Coaching Points :

1. Close Control - Below Knees
2. Body Posture
3. Head up for Awareness
4. Frequency Adjustment
5. Inside of the Big-Toe, Small toes and Sole Dribbling sections

Fakes, Moves and 1 vs 1



Description :

1. In a square approximately 10 yards we place cones in the centre to act as defenders
2. On the Coache's command, players will dribble right, left or straight
3. Different Feints are introduced by the coach

Coaching Points :

1. Dribble the ball below knees
2. Body posture
3. Awareness
4. Frequency adjustments
5. Exaggerate moves/feints with a change of direction and change of pace
6. Arms

Dribbling and RWTBall game with Penetration



Description :

1. Players can score by dribbling through the gates with the intention of creating a shooting opportunity in the 1 vs 1 zone.
2. central gate = 2 points , wide gate = 1 point
3. Everyone Marking a Player

Coaching Points :

1. Dispersion
2. Creating space by dribbling, Moves and clever Movement in 1 vs 1 situations
3. Supporting
4. Switching the ball quickly and precisely
5. Exploing space with speed and intelligence