


COACHING SESSION PLAN

Session Type	U12 week 6, practice 1
Theme of Session	DRIBBLING WITH TURNING

Key phrases for today's theme;

- FFW- *bend knees, pad the ground, body low, pump your arms, and don't touch the cones!*
- Dribbling- *strongest foot, inside, outside, disguise dodges (passing other players)*
- Turning- *sharp turns (1 or 2 touch), explode out of the turn and dribble away*
- Game- *FREE PLAY!*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Basic fast feet; single work</p> <p>The area set up is very easy, simply line up 10 cones and then have a target cone/goal at the end, for the players to race down to. Ideally, set up as many as these as you can next to each other, so that players are not waiting long to go through the cones.</p> <p>The exercises through the cones should be as follows;</p> <ul style="list-style-type: none"> • <i>one step between-</i> getting the knees up over the cones, players put one foot in each gap as they go through • <i>two steps between-</i> as above, but this time players making two steps in each gap • <i>facing right-</i> players place left foot into the gap and then the right foot meets it, will mean that legs don't cross over • <i>facing left-</i> as above but right foot first, left foot meeting • <i>big zigzag-</i> players do big zigzags in and out of the cones • <i>small zigzag-</i> players use little steps to move in and out of the cones • <i>zigzag backwards-</i> as above but players face the 'wrong' way through the cones, moving in and out backwards <p>Coaches should make sure that players keep their bodies upright, that they're on the balls of the feet, and players should be told to try not to knock any cones. (Start with 100 points, lose 10 points for every cone knocked- if they get to 0 then they do a funky forfeit!)</p>		10mins

Dribbling; "Grid-dribble"

The set-up for this drill is a 20x20 yard grid, split into 16, 5x5 yard squares, although it can be made bigger or smaller depending on the amount of players available to the session.

The players should then be spread out around the outside of the grid (three to a side and one player per free space). There should be enough balls for one-between-two, with the balls spread out as they are in the diagram.

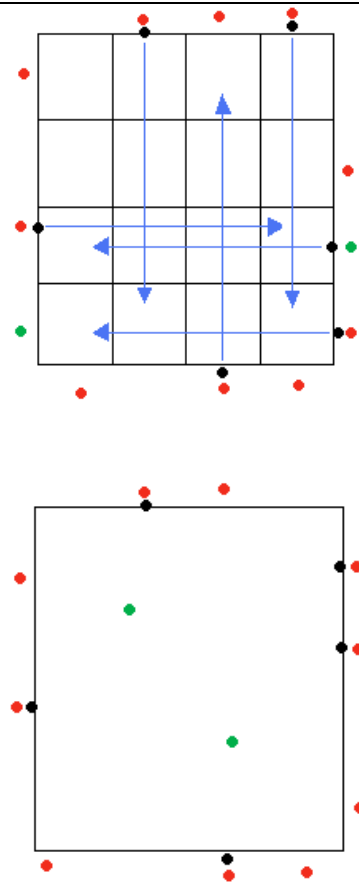
The players aim is to dribble straight down the alley in front of them, and when they get in the final box they need to find a free player to pass to on the opposite side to which they started. They then have to find a free space on the opposite side, while the player they passed to dribbles across the box. With every player going across the area at once, players will need to ensure they play with their head up, with the ball under close control and learn to accelerate, decelerate and alter their course where necessary.

Key points;

- use of inside and outside
- use of right and left foot
- ball remains under close control at different speeds
- player plays with head up and glances down at the ball when necessary

To progress the session, the coach can have the players on the outside moving around the edge of the area (attempting to maintain equal space between all outside players). The coach should also look for players to work on their first touch, controlling the ball into space, noticing what's around them.

Finally, a secondary progression can be for the coach to remove the grid (as in the second diagram, right), and have two defenders in the middle with all the other players around the outside. One ball should be removed and this should mean that half the players will always be moving around the outside "looking for free space" with half dribbling through the middle.



20mins

Turning; McQueen meets McRae

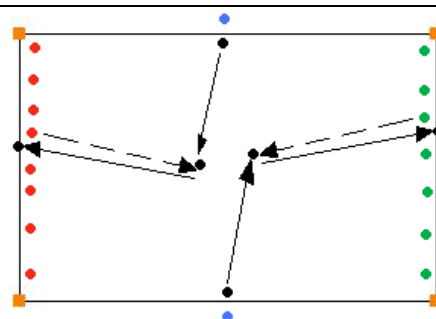
Set up a 20x30 yard area, with the players lined up on the two 20 yard lines, as on the diagram. The two coaches should then be stood halfway down the 30 yard lines with a lot of balls each.

The coach should turn it into a race between the two players running into the middle, by either only playing one ball, or telling the players that the first one back to their line is the winner.

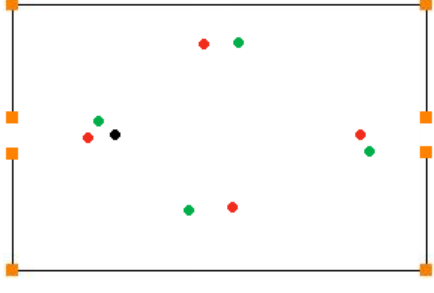
Ideally the players should run to the ball as fast as can and then they should turn sharply.

Ideally, with U10s this game should be run very quickly as a high-intensity, starter activity.

Key points for turning are;



10mins

<ul style="list-style-type: none"> • <i>Lower the body</i>- lower the body so that the centre of gravity is lower thus making a sharper turn • <i>Accelerate away</i>- turns are ordinarily done to get away from players so speed on the exit • <i>Try to disguise</i>- send the body one way before performing the turn to throw the defender off 		
<p>Small sided games; regular mini game</p> <p>Maximum of 6v6 players for U12s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p><i>Until practice ends</i></p>