

Date: 04/12/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Grade 3/4
Focus: Attacking Dribble
Level: U10

Length	Start	Drill Name	Category	Notes
6	12:00am	Gate Dribbling	Warm up	Progress: -Players must complete a move before going through a gate -Divide the team in half and have the two groups compete against each other to see which groups goes through more total gates -Allow players to knock the other players balls out while dribbling through gates.
9	12:06am	Cruyff Turns In Groups	Attacking/Dribbling	Make sure both lines start at the same time, each time.
20	12:15am	1V1 Choose A Goal	Attacking/Dribbling	15X20 yards 2 small goals 6 cones balls in each line
20	12:35am	1V1 No where to go	Attacking/Dribbling	15X20 yards all the balls all the players surrounding the field.
20	12:55am	Game Play	Attacking/Dribbling	

Notes: Week 1 Focus on dribbling and regaining confidence with the ball

Drill Title: Gate Dribbling

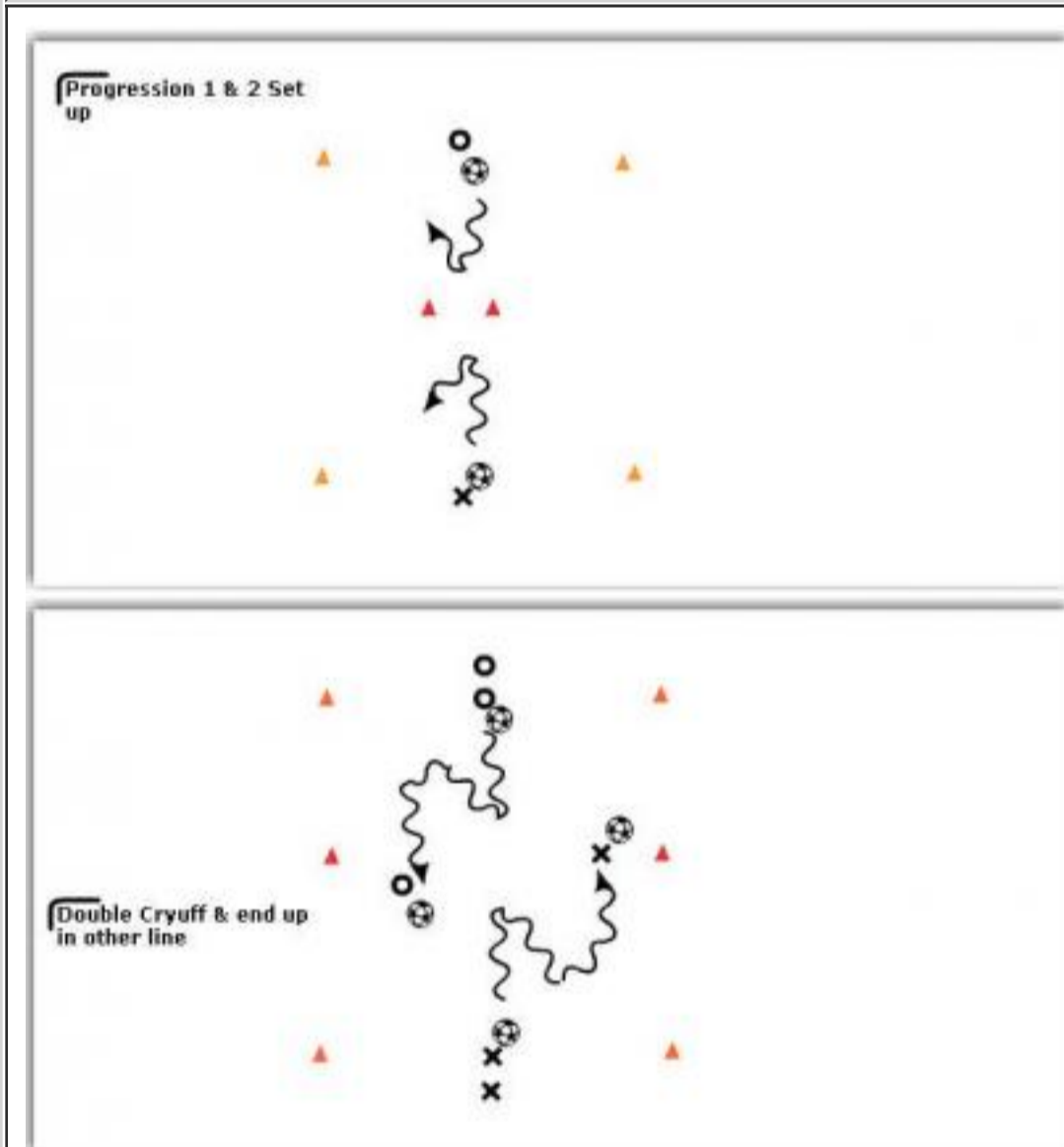


In a 20x25 yard grid set up gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.

Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.

Key Points: Dribble with your head up Change direction Change speeds

Drill Title: Cruyff Turns In Groups

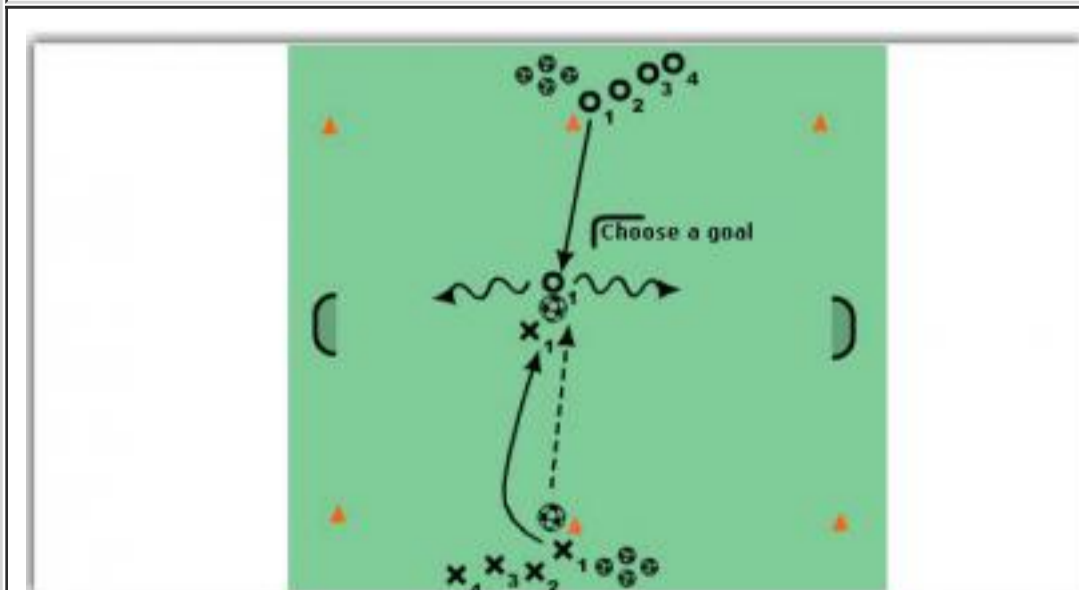


10X10 yard playing area
Split group half with one ball per line.
First player in each line dribble towards the 2 center cones and executes a cruyff turn and passes to the next player who repeats. Stay in your line.

Progression #2:
Open two middle cones. First player in each line does progression #1 and then does another cruyff turn which bring them towards the opposite line. Pass to the next player and they repeat.

Key Points: Quick turns Throw the fake

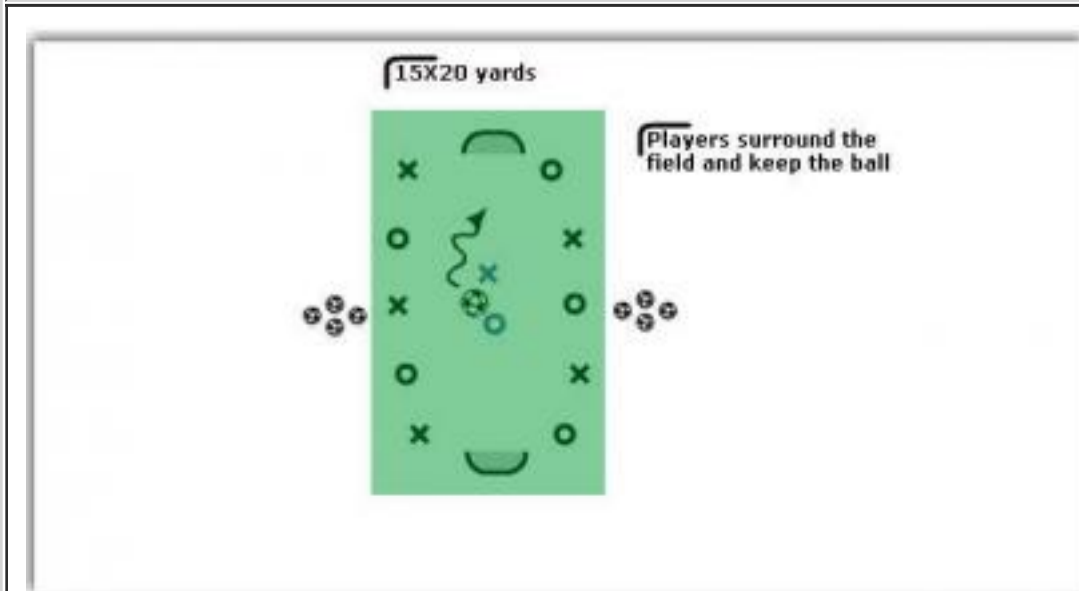
Drill Title: 1V1 Choose A Goal



Divide the team in half. X1 passes the ball to O1 and follows their pass to close them down. O1 can dribble the ball and score at either end as X1 tries to tackle them. Once O1 has scored, they have to turn and sprint around the goal opposite to the one they put the ball into, with A1 in pursuit. Once X1 and O1 have sprinted around the goal they rejoin their respective lines. The sequence continues.

Key Points: Quick decision to attack a goal First touch in the direction you intend to go

Drill Title: 1V1 No where to go



1V1 in the playing area with the other players surrounding the field to keep the ball in play at all times. If the ball goes out of the playing area quickly pass another ball in to the center of the field so the 1v1 players continue to play. Play for 1 minute then quickly switch 1v1 players. You can increase the size and build to 2V2. Play without goalies at first then use larger goals with GK.

Key Points: Protect the ball with your body Quick turns and shots on goal Quick transition