	Skill Level	Date	Age Groups
	Beginner	**Title:** Dribbling/Ball Control Session 1	U10 U12 U13+

Skill Focus:
Ball Control Fitness
Dribbling

Equipment:
Cones and/or Agility Poles

Session Description:
This session is a good first session to get players doing lots of individual ball work. Focus on dribbling the ball and maintaining control and close contact with the ball.

Each activity should move quickly and have minimum idle time (time where the players are just standing around.)

For U12+ you can push the pace on the activities to get the players into playing shape

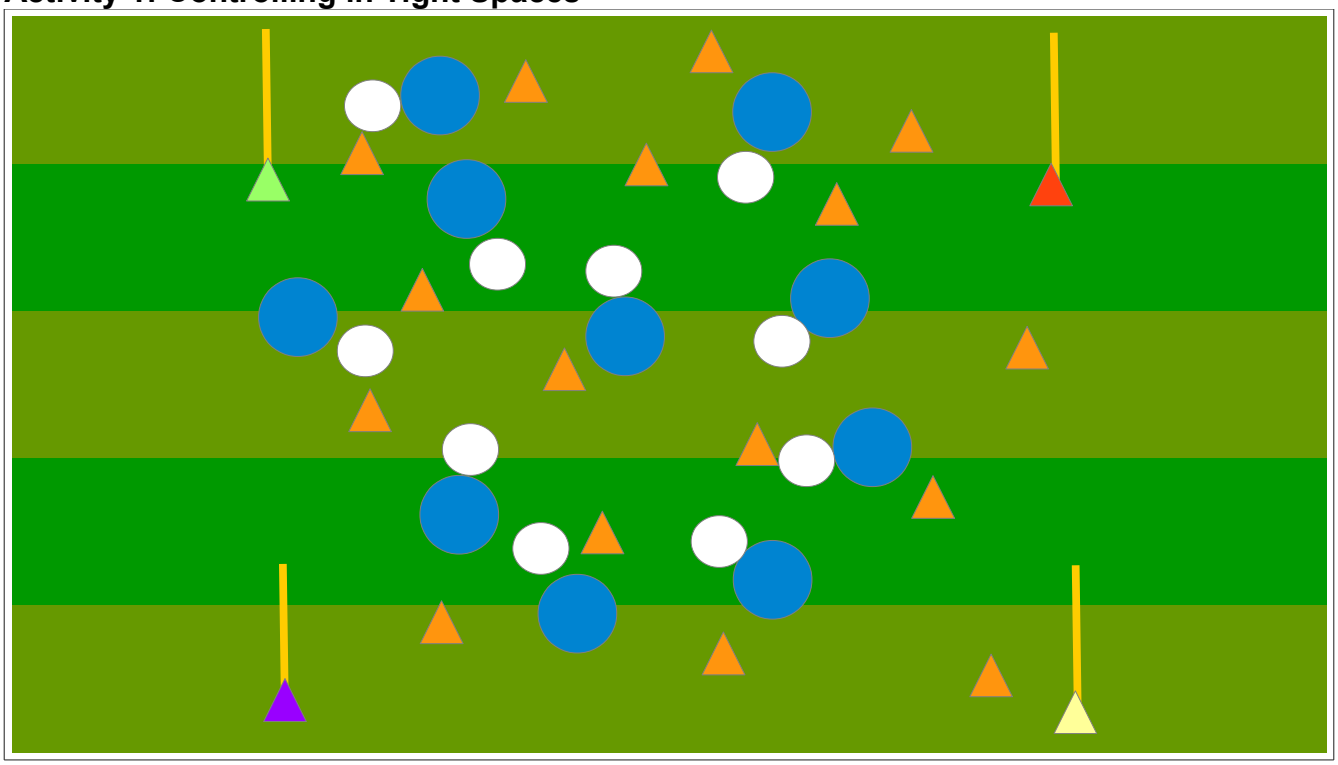
Warm up:
Light jog around the area with the ball
U12+ some juggling

Scrimmage:
Reward players with a scrimmage at the end. 3V3 type rules with no goalies. Remind players to control the ball and not give it away easily.

Since this might be a first session, don't do a lot of coaching during the scrimmage.

Notes:

Activity 1: Controlling in Tight Spaces



Setup: 15' X 15' area, Randomly fill the area with cones or flags
Each player should have a ball.

Time:
10 – 15 minutes total
5/2-3 minute repetitions

Description:
Players start dribbling in the area trying to avoid hitting the cones and avoid hitting other players.

Progressions:

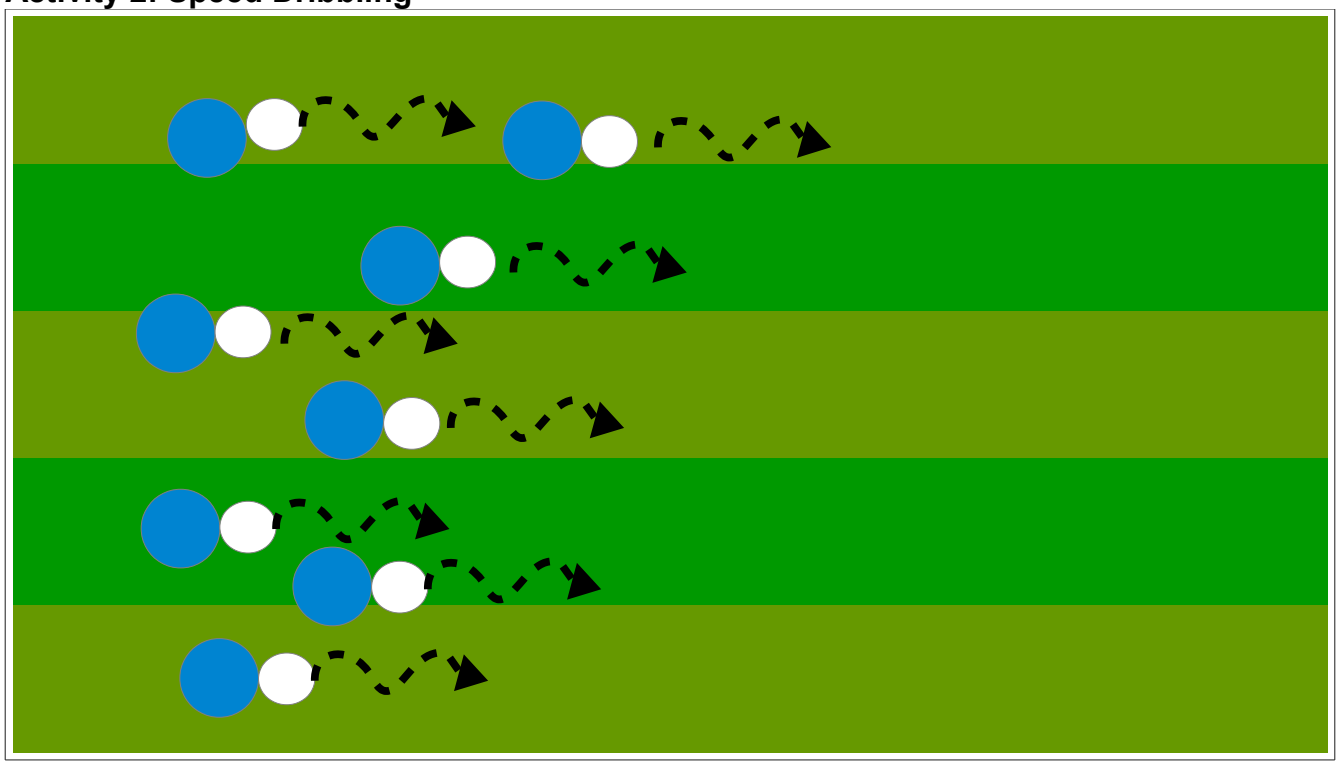
1. Players try to increase the speed
2. On a whistle players dribble around an obstacles outside of the area (a flag, a goal, the coach)

- Have color coded agility poles or cones and give each player a color to dribble around

3. U12+ allow players to kick another players ball outside the area. The player can come back in once they retrieve their ball.

Coaching Points:
Stay light on your feet and up on your toes.
No heavy touches, keep the ball under control
Keep your head up and look for dangers

Activity 2: Speed Dribbling



Setup: Half of the field. Set up for the longest run possible

Time: 10-15 minutes

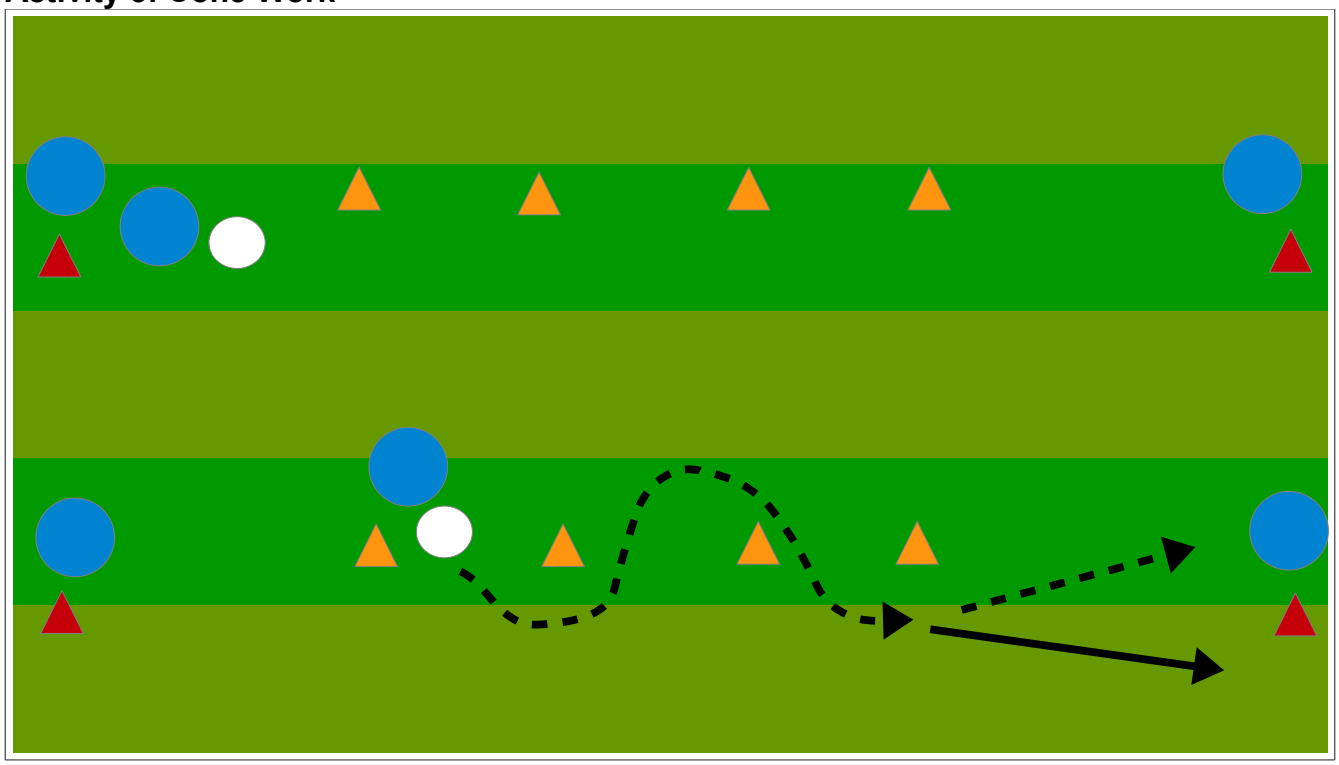
Equipment: Each player with a ball

Description:
The players will line up on one side of the field and dribble at speed to the other side of the field.

Coaching Points:
- Stay in control and don't let the ball get too far away from you.
  - Ask the players “What happens if the ball gets too far away from us?”
- It is better to stay in control and go a little slower than go too fast and lose the ball
- Proper technique: toe should be pointing down and use the top of the foot to strike the ball
  - U12+ Use a downward chopping motion to strike the ball

Progressions:
1. First 2 time, let the players do it on their own
2. Demonstrate proper technique, have the players slow it down
3. Speed up but use proper technique and stay in control
4. Intermediate: Add a defender that kicks the ball away if it gets too far away from the player. Player that loses the ball joins the defender

Activity 3: Cone Work



Setup: Multiple setups.
Evenly space 4-5 cones in a line. Place a “start” and “finsh” code at both ends 5-10 yards away. Each setup will have 3-4 players and one ball

Time: 10-15 minutes

Equipment: Cones and/or Agility Poles

Description:
One player will dribble through the cones in which ever way is most comfortable for them. Once they get through the last code they will pass to the waiting player and run to the end. The player receiving the ball then goes through the cones and repeats in the opposite direction.

Coaching Points:
- Stay in control
- Strong pass at the end
- Touch the ball forward to keep moving. Don't try to go straight across.

Progressions:
1. Use only the right foot to go through the cones
    - The player will need to use the inside and outside of their foot
2. Use only the left foot to go through the cones
    - The player will need to use the inside and outside of their foot
3. Intermediate: Use the outside of each foot to go through the cones
    - The player will really need to hop to the opposite side to get a good touch