	Skill Level	Date	Age Groups
	Beginner	**Title:** Dribbling & Ball Control II	U10 U12 U13+

Skill Focus:
Ball Control Dribbling Controlling Under Pressure

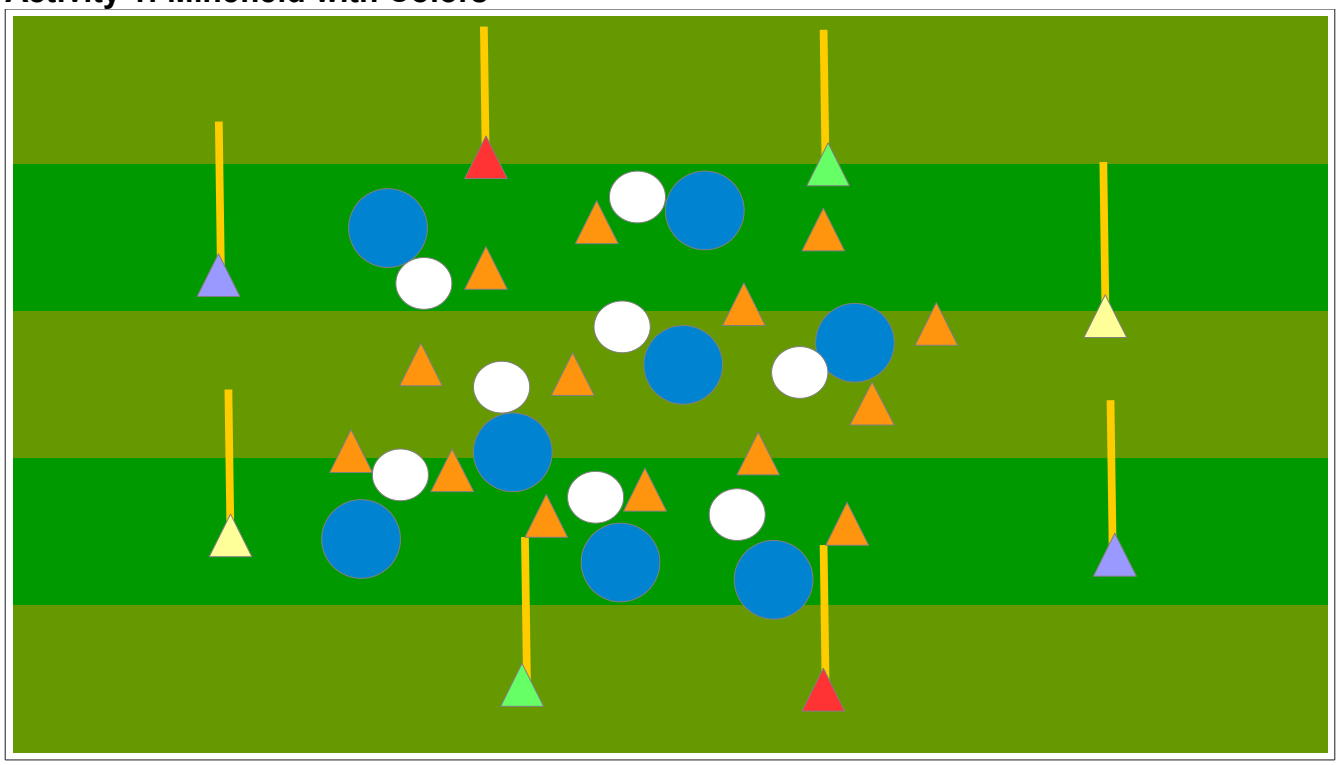
Session Description:
This session is to enhance the individual player's dribbling and ball control skills and maintaining the ball under pressure

Warm up:
juggling

Scrimmage:
You can scrimmage with goalies, but make sure to focus on keeping the ball under pressure.

Notes:

Activity 1: Minefield with Colors



Setup: 20 yd x 20 yd area
User agility poles with colored cones or just colored cones to create a circle around the parameter. If you don't have different colored cones, you can use other obstacles; balls, water bottles, etc.

Randomly scatter cones through out the middle of the area

Time: 10-15 minutes
Equipment: cones, agility poles, balls

Description:
The players will begin dribbling around the area trying to avoid hitting the cones or the other players.

When the coach gives a signal, the players dribble around on of the outside obstacles and back into the minefield.

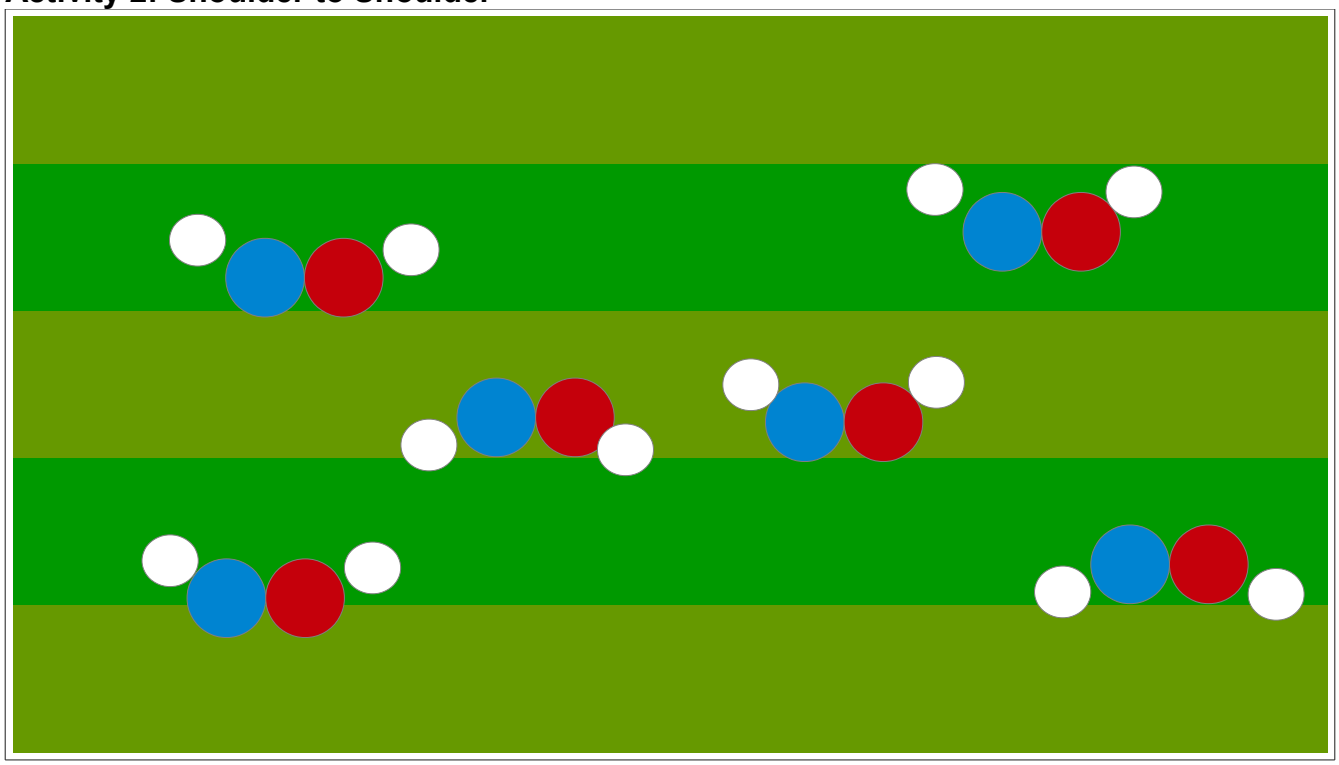
Coaching Points:

- stay light on your feet
- keep your head up
- change of speed to get around the obstacle and back.

Progressions:

1. Assign each player a color and have them only dribble around their obstacle when the coach gives the signal
2. Have the players dribble around 2 obstacles then back into the minefield
3. Give points for the 1st, 2nd, and 3rd place finishers.

Activity 2: Shoulder to Shoulder



Setup: 15 yd x 15 yd

Time: 10-15 minutes

Equipment: Balls

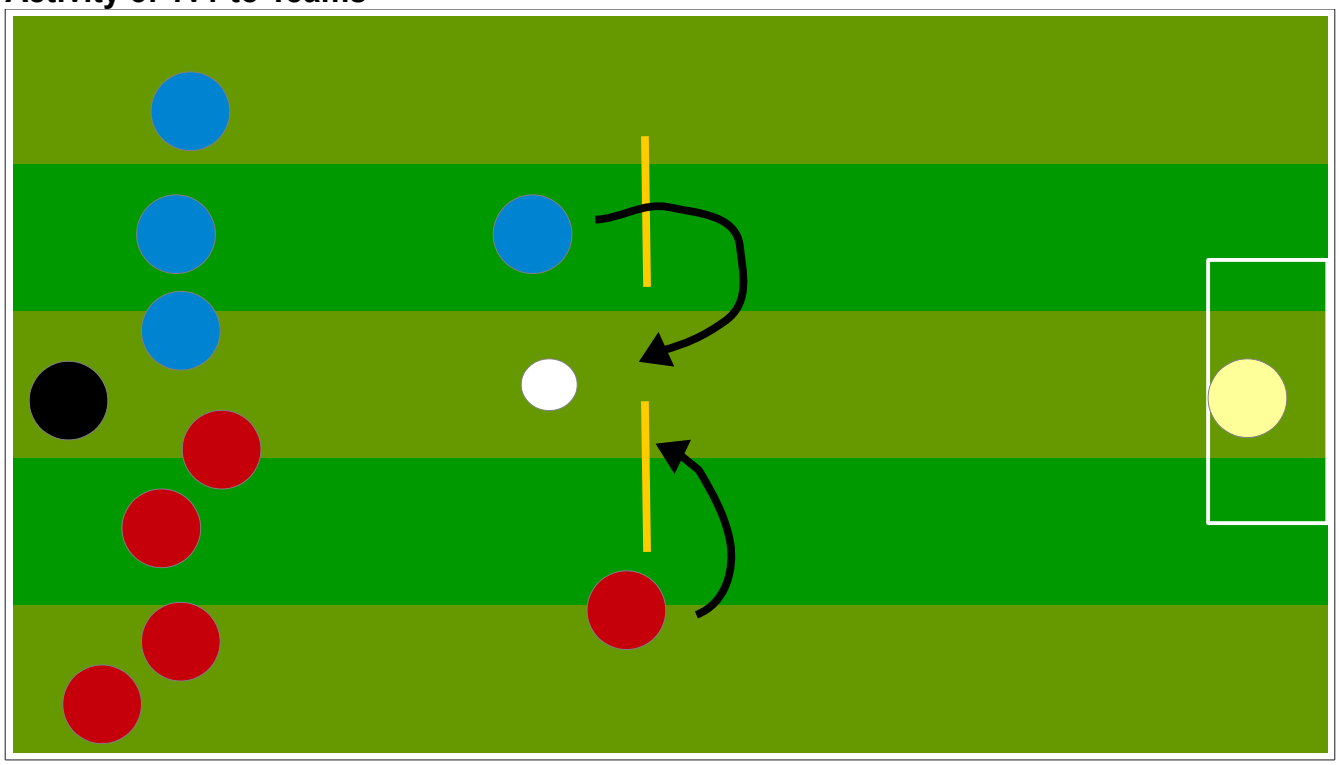
Description:
Players will pair up, you may need to change up partners if there is too big of a size difference between them. They will lean on each other shoulder to shoulder and attempt to dribble the ball with their outside foot for 10 – 15 yards. Once they reach an end point, they will turn around and lean on each other with the opposite shoulder.

Once they have mastered the idea of physical play, either the coach or another player can play a ball and the two players try to win the ball by going shoulder to shoulder.

Coaching Points:
- Do not put out your elbow or arm to shield the ball.
- Do not try to knock the player down with your shoulder

Progressions:
- Add a goal for the ball winner to shoot into.

Activity 3: 1v1 to Teams



Setup: This exercise needs to be played in front of a goal.

Time: 10-15 minutes

Equipment: Agility poles or cones, balls

Description:
Put a goal keeper in front of goal and split the remaining players into two teams.
Place agility poles 10-15 yd in front of the goal about the same width as the goal.

On the coaches signal, 1 member from each team will race around the agility poles and the coach will play a ball between them. It is good for the coach to play it in front of the 2 players so they don't try to take a shot on goal.

Once one of the players wins the ball, they try to play it back to one of their team mates. That team is on offense while the other team is on defense. The it is game on to score on the keeper.

Coaching Points:

- Find your team.
- The defending team must recover first and set up a defensive line quickly.
- The offensive team needs to play quickly

Progressions:

1. Add a point system
2. Add target goals at the top of the area for the defending team to try and score on, if they win the ball.