



U13 Session Plan #1

Dribbling



1v1 STAY WITH ME

Emphasis: Quick changes of direction, use of feints.

Set-up: 10 x 10 yard grid. Players are organized in pairs with one ball. Cones are placed 7 yards apart at either side of the grid (as shown). An imaginary line exists between these two cones. Repeat set-up to accommodate entire team.

Objective: Player (A) starts with the ball. He must dribble the ball and stop it next to either cone to win a point. Player (B) must try to block the cone with his foot. Player (B) is NOT allowed to touch the ball or cross the imaginary line. Both players must try to face each other at all times to encourage lateral (side-to-side) movement. Player with most points at end of game wins. Change roles after 30 seconds. Switch partners after each game.

Progressions: Two points are awarded if player uses a feint or move prior to scoring at the cone.

Coaching Points:

- Accelerate quickly to cone.
- Keep eyes up to scan the area and opponent.
- Utilize moves, dodging fakes etc.



TOUCH TIGHT

Emphasis: Dribbling to beat an opponent.

Set-up: 20 x 20 yard grid split into two triangles as shown. Cones in each corner of the grid. Two players per triangle with 1 ball. Repeat set-up to accommodate entire team

Objective: Player (A) must try to dribble to any cone in the triangle with the ball without the defender kicking the ball from the grid. One point is awarded for every cone touched with the ball. The defender (B) must try to stay close to the attacker to deny the space and prevent him from scoring. Switch roles after approximately one minute. Rotate partners after each game.

Progressions: Remove or add cones depending on ability and success of players.

Coaching Points:

- Change direction and speeds to avoid defender.
- Defenders don't dive in to win ball – be patient.



MULTIPLE GOALS DRIBBLING

Emphasis: Dribbling and defending

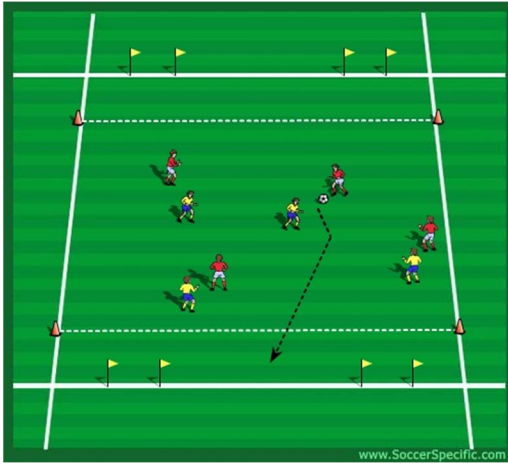
Set-up: Create a 30x40 yard grid and randomly place four, six foot wide goals made by cones or flags. Divide your players into pairs, each with a ball. Have plenty of extra balls on the perimeter of the grid.

Objective: One of the players starts as the attacker and the other is the defender. All pairs are working at the same time, and the attacker is trying to dribble through as many gates as possible while maintaining possession. If the ball is won by the defender, the ball is returned to the attacker. After 1 minute, switch the roles of the players and play for another minute. The player that goes through the most gates wins!

Progression: Must find a new gate each time. On a turnover, switch the roles.

Coaching Points:

- Score early and break the opponent's mentality.
- Force the opponent away from the gates.
- Use feints and shot fakes to get the defender off balance.
- Lower your center of gravity



4v4 GET IN THE ZONE

Emphasis: Dribbling to beat an opponent.

Set-up: 20 x 30 yard grid. Cones are used to create a 5-yard wide end-zone at each end of the grid. Flags are used to create two mini goals at each end of the grid.

Objective: Both teams compete for the ball. One point is awarded for successfully dribbling into the opponents' end-zone area, 3 points for successfully dribbling through either of the opponents mini goal.

Progressions: Award extra points for beating an opponent with a move prior to entering the end-zone or mini goal.

Coaching Points:

- Attack the defenders at speed.
- Accelerate to get past defenders.
- Utilize moves, dodging fakes etc

ADDITIONAL NOTES