



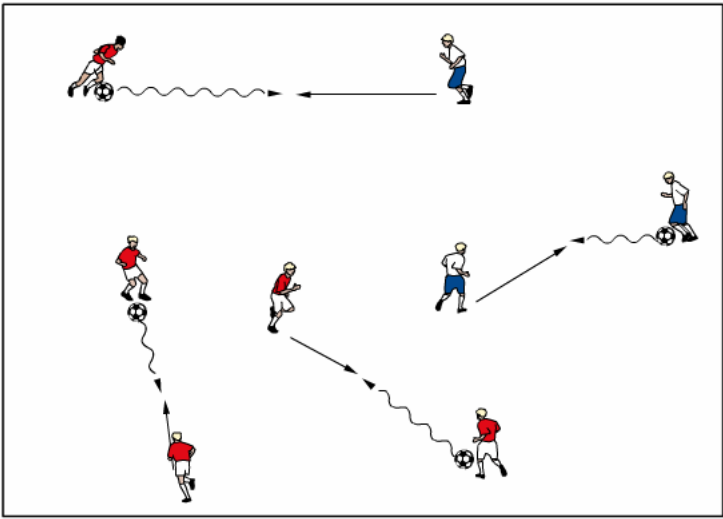
Developing Dribbling

Elite Academy Football Coaching Session Plan

Coach		Session Date	
Session Aim			

Session Planner

Timings

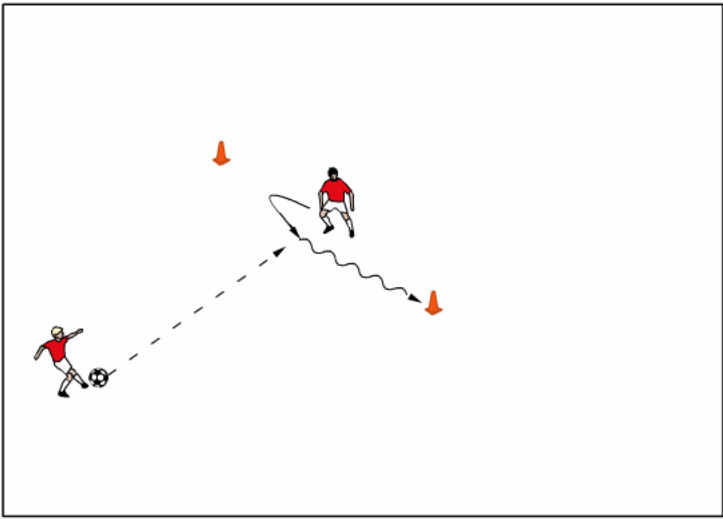
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 15 X 15 YARD GRID</p> <p><u>WARM-UP</u></p> <ul style="list-style-type: none"> • EACH PLAYER JOGS AROUND • 4 BALLS BEING DRIBBLED • PLAYERS CHANGE POSSESSION THROUGH 'TAKERS' • PLAYERS MOVING TOWARDS A PLAYER IN POSSESSION SHOUT 'TAKE' TO TAKE OVER POSSESSION 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> • DRIBBLERS KEEP THEIR HEADS UP • USE BOTH FEET TO MOVE THE BALL • USE THE INSIDE AND OUTSIDE OF THE TO REPEAT 'BIG TOE, LITTLE TOE' WHEN THEY PRACTICE DRIBBLING WITH ALTERNATE INSIDE AND OUTSIDE OF THE FOOT). 		

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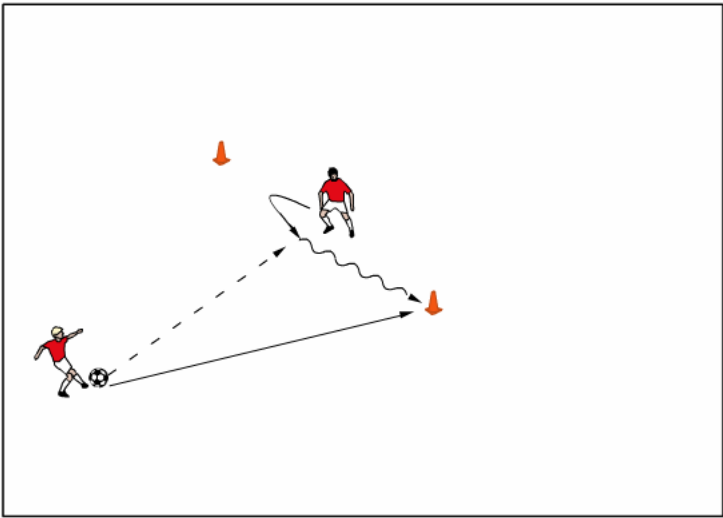
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 10 YARD LINE BETWEEN THE CONES</p> <p><u>TECHNICAL</u></p> <ul style="list-style-type: none"> PLAYERS ARE PUT INTO TWO'S ONE PLAYER ACTS AS THE DRIBBLER AND THE OTHER THE DEFENDER THE DEFENDER STARTS WITH THE BALL AND PASSES TO THE DRIBBLER FAKES TO DRIBBLE TO ONE CONE AND THEN DRIBBLE TO THE OTHER CONE. REPEAT. 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> QUICK MOVEMENTS TO FAKE / TRICK AN OPPONENT (USE INSIDE AND OUTSIDE OF BOTH FEET) BEND THE KNEES TO OVER EMPHASIZE MOVEMENT ACCELERATE AWAY FROM THE DEFENDER USING THE LACES. 		

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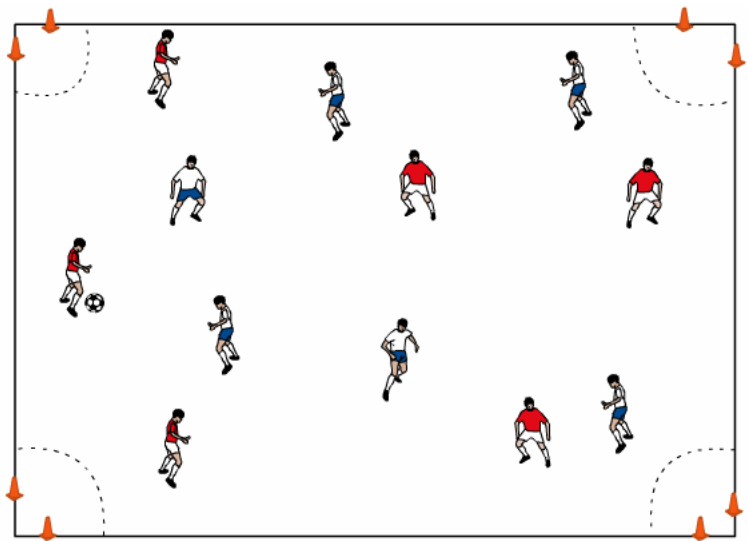
<p style="text-align: center;"><u>MAIN CONTENT</u></p> <div style="text-align: center;">  </div>		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA SAME AS ABOVE</p> <p><u>PROGRESSION</u></p> <ul style="list-style-type: none"> • THIS TIME DEFENDER ATTEMPTS TO STOP THE DRIBBLER REACHING A CONE • DEFENDER CANNOT MOVE UNTIL DRIBBLER HAS RECEIVED THE BALL • NO CONTACT • SWITCH ROLES 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> • CONTROL THE BALL IN THE DIRECTION OF YOUR MOVEMENT / TARGET • SLOW DOWN WHEN ENGAGING OPPONENT • MOVE THE BALL AWAY FROM THE DEFENDER. 		

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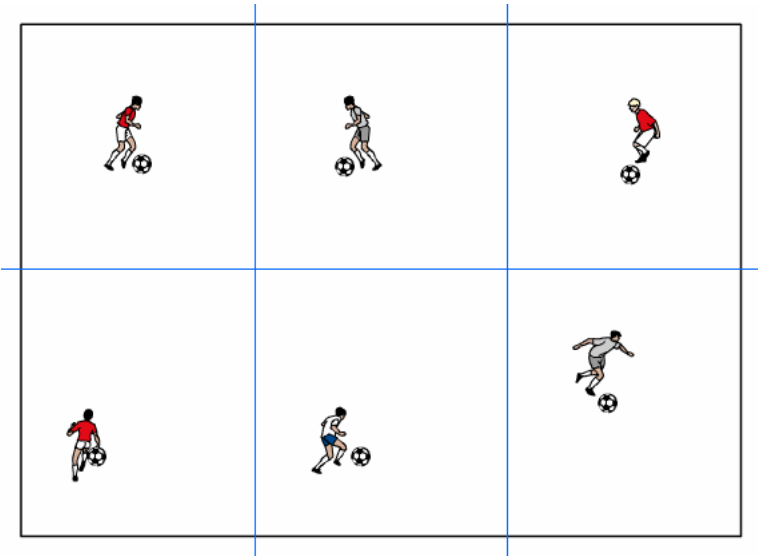







<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 30 X 20 YARD GRID</p> <p><u>GAME RELATED ACTIVITY</u></p> <ul style="list-style-type: none"> PLAYERS ARE ORGANIZED INTO TWO TEAMS TEAMS ATTEMPT TO SCORE IN TWO WIDE GOALS DOUBLE POINTS SCORED FOR DRIBBLING THROUGH THE GOAL PLAYERS ARE CONDITIONED TO 'MAN MARK' A SPECIFIC PLAYER THROUGHOUT THE ACTIVITY DEFENDERS CANNOT ENTER THE CORNER SEMI CIRCLES 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> SPREAD OUT TO CREATE SPACE ATTACK THE GOAL WITH THE FEWEST DEFENDERS BASE DECISIONS UPON THE CURRENT SITUATION TEAM PLAYERS IN POSSESSION ATTEMPT TO LOOSE THEIR 'MAN MARKER'. 		

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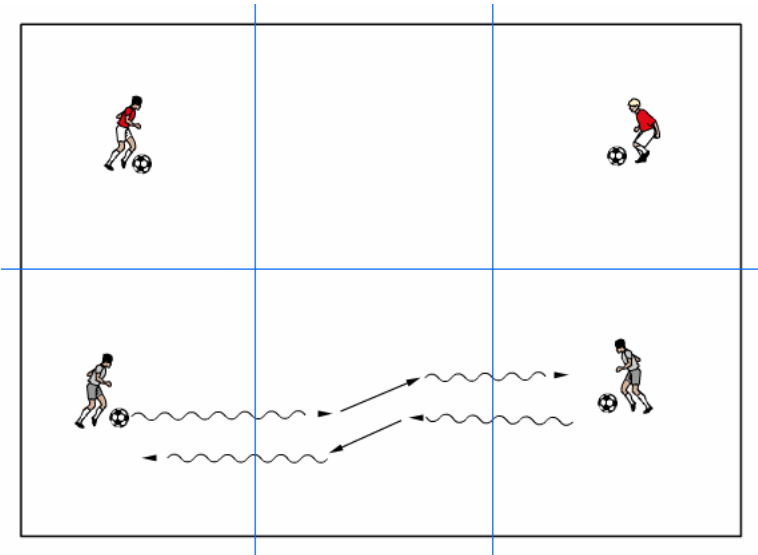
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 10 X 5 YARD GRID</p> <p><u>TECHNICAL</u></p> <ul style="list-style-type: none">  PLAYERS ARE ORGANISED INTO 'LINE' FORMATION  1 BALL & PLAYER PER AREA EACH 5 YARDS APART  PLAYERS DRIBBLE AROUND THEIR AREA TURNING UPON THE COACHES COMMAND <p><u>PROGRESSION</u></p> <ul style="list-style-type: none">  PLAYERS DRIBBLE INTO OTHER AREAS BUT MUST AVOID ALL CONTACT ESPECIALLY WHEN TURNING AND AVOIDING THE CONES 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none">  KEEP THE BALL CLOSE USING THE INSIDE AND OUTSIDE OF THE FOOT.  KEEP THEIR HEADS UP  LOOK OVER THE SHOULDER BEFORE TURNING - WITHIN A GAME THIS IS IMPORTANT AS THEY SHOULD NOT TURN INTO ANOTHER PLAYER 		

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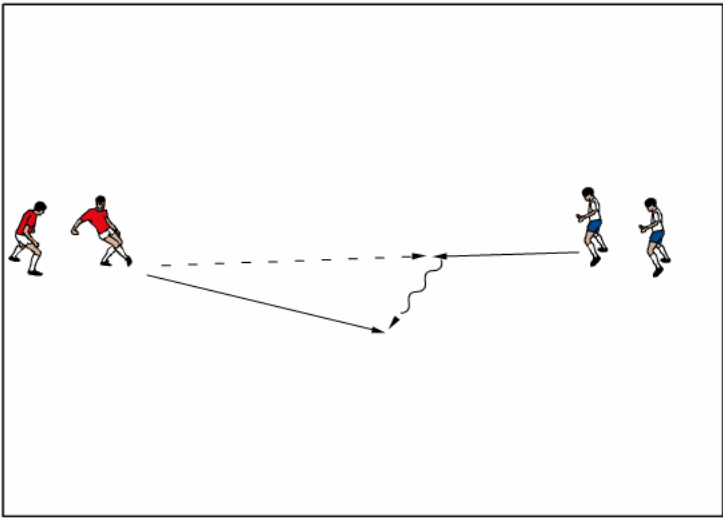
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 10 X 5 YARD GRID</p> <p><u>TECHNICAL</u></p> <ul style="list-style-type: none"> PLAYERS ORGANISED INTO GROUPS OF FOUR ONE BALL PER TWO PLAYERS DRIBBLE TOWARDS EACH OTHER WITH A BALL, FEINT / FAKE TO MOVE PAST EACH OTHER JOIN THE END OF THE GROUP 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> KEEP THE BALL CLOSE SLOW DOWN TO FEINT / FAKE BEND KNEES TO FEINT / FAKE ACCELERATE AWAY USE ARMS TO MAINTAIN BALANCE 		

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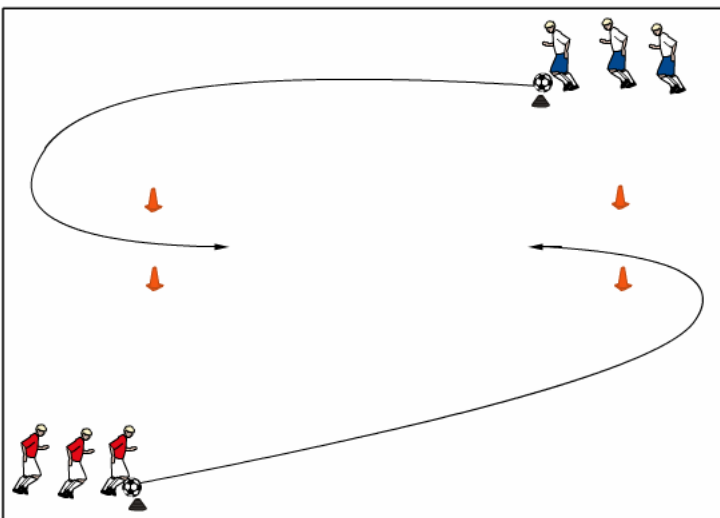
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 10 X 5 YARD GRID</p> <p><u>PROGRESSION</u></p> <ul style="list-style-type: none"> PLAYERS ARE GROUPED AS ATTACKERS AND DEFENDERS RED PASSES AND FOLLOWS TO DEFEND WHITE ATTEMPTS TO DRIBBLE THE BALL TO THE END LINE TO SCORE A POINT IF THE DEFENDER GETS THE BALL THEY ATTEMPT TO DRIBBLE TO THEIR OPPONENTS LINE 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> TAKE A GOOD FIRST TOUCH OUT FROM UNDER FEET SLOW DOWN WHEN APPROACHING OPPONENT QUICK MOVEMENT ON THE BALL TO BEAT THE DEFENDER USE INSIDE AND OUTSIDE OF FEET TO MAINTAIN CLOSE CONTROL 		

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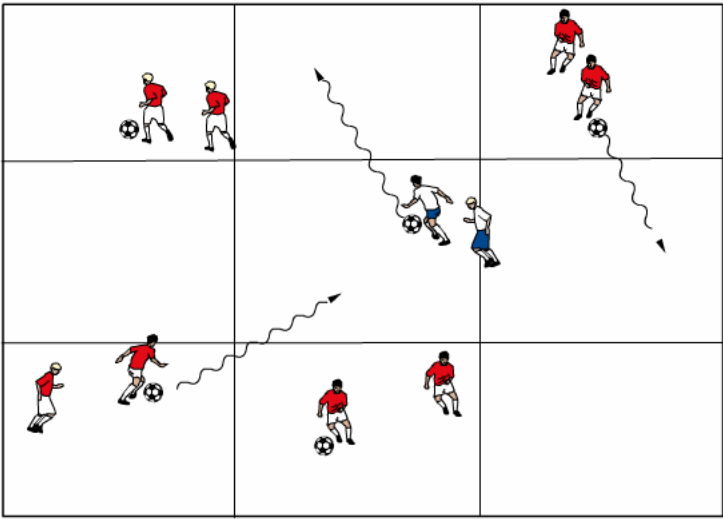
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 30 X 20 YARDS</p> <p><u>GAME RELATED ACTIVITY</u></p> <ul style="list-style-type: none"> 👤 PLAYERS ORGANISED INTO GROUPS OF 8 MAXIMUM 👤 GIVE EACH PLAYER A NUMBER FROM 1-8 👤 ON THE SHOUT OF A NUMBER PLAYERS RACE AROUND THE OUTSIDE OF THE AREA TO FACE EACH OTHER 👤 ADD MORE NUMBERS TO PLAY 1v1's - 8 v 8's 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> 👤 DRIBBLE WHEN SPACE IS AVAILABLE IN FRONT OF OR BEHIND AN OPPONENT 👤 CHANGE SPEED TO BEAT OPPONENTS 👤 BE AWARE OF OTHER PLAYERS 👤 BE CONFIDENT - IS THERE A 'PURPOSE' TO THE DRIBBLE - BE DETERMINED 		

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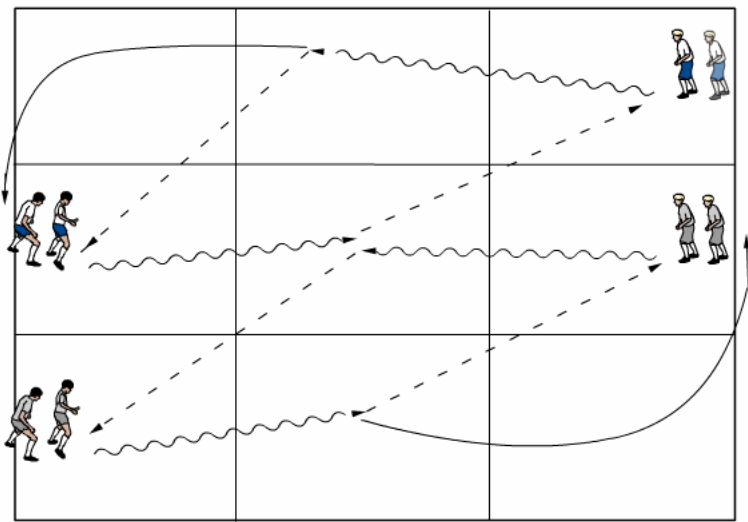
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 15 X 15 YARD GRID</p> <p><u>WARM-UP</u></p> <ul style="list-style-type: none"> 👤 PLAYERS INTO PAIRS 👤 ONE BALL BETWEEN TWO 👤 ONE PLAYER DRIBBLES THE BALL AND THE OTHER PLAYER SHADOWS / FOLLOWS APPLYING PASSIVE PRESSURE 👤 THE DRIBBLER ATTEMPTS TO LOSE HIS PARTNER 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> 👤 ARMS OUT FOR BALANCE 👤 AWARENESS OF POSITION OF DEFENDER (FOLLOWER) 👤 DRIBBLE WITH THE FOOT FURTHEST AWAY FROM THE DEFENDER 👤 DRIBBLE INTO SPACE AVOIDING PLAYERS 		

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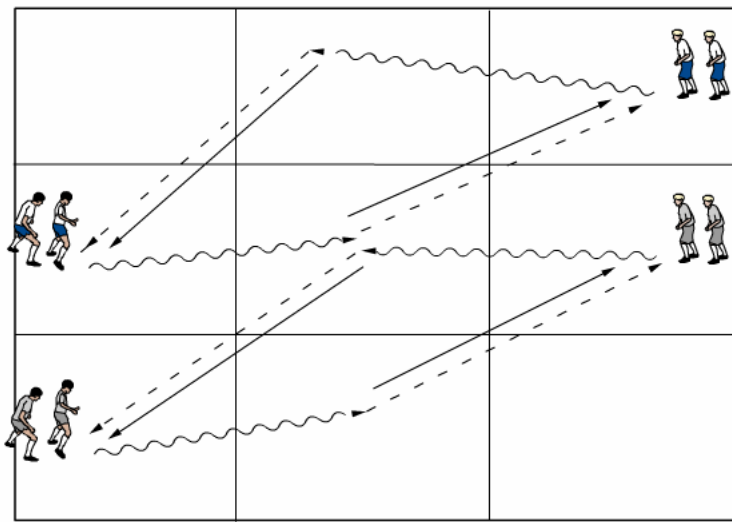
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 10 X 10 YARD GRID</p> <p><u>TECHNICAL</u></p> <ul style="list-style-type: none"> PLAYERS RUN INTO A CHANNEL, PERFORM A FAKE & THEN CHANGE DIRECTION PLAYERS PASS INTO THE NEXT CHANNEL REPEAT 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> KEEP THE BALL CLOSE KEEP YOUR HEAD UP QUICK MOVEMENT ON THE BALL TO FEINT / FAKE MOVES 		

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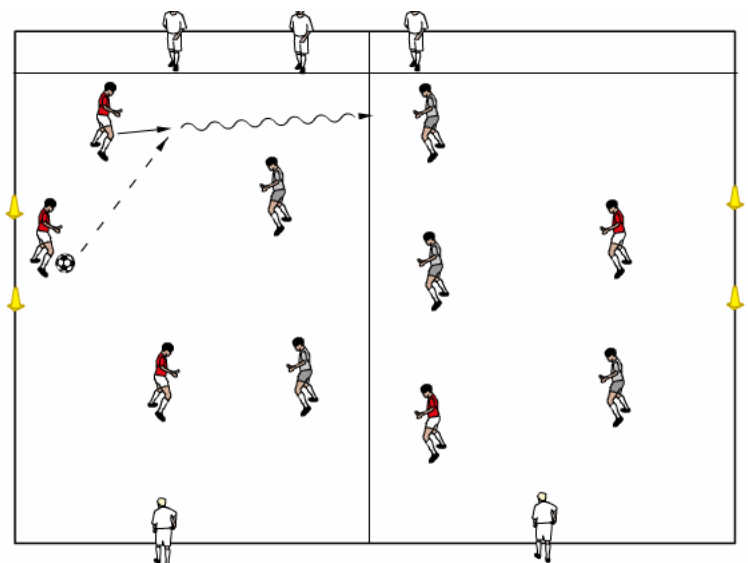
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>SAME ORGANISATION AS ABOVE</p> <p><u>PROGRESSION</u></p> <ul style="list-style-type: none"> AFTER PERFORMING THEIR MOVE PLAYERS NOW CHASE TO APPLY PRESSURE 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> CONTROL THE BALL AWAY FROM THE DEFENDER ACCELERATE / AWAY USE VARIOUS SURFACES OF THE FOOT TO CONTROL THE BALL 		

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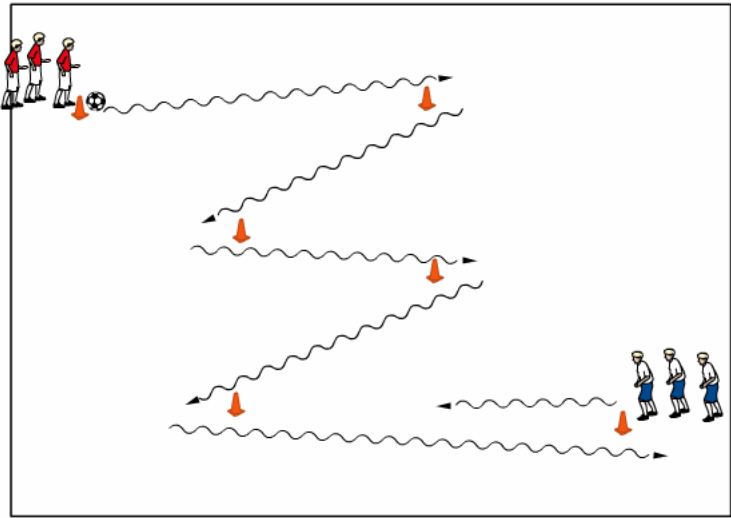
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<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 40 x 30 YARDS</p> <p><u>GAME RELATED ACTIVITY</u></p> <ul style="list-style-type: none"> 👤 THREE TEAMS 👤 ONE TEAM RESTING ON THE OUTSIDE 👤 A TEAM CAN ONLY ENTER THE OPPOSING HALF THROUGH A SOLO DRIBBLE 👤 THE ATTACKING TEAM CAN USE THE RESTING TEAM TO PASS INTO WHEN ATTACKING 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> 👤 SPREAD OUT TO ALLOW SPACE TO ATTACK 👤 ATTEMPT TO TAKE ON AND BEAT A DEFENDER 👤 BE POSITIVE IN ATTACKING MOVEMENTS 		

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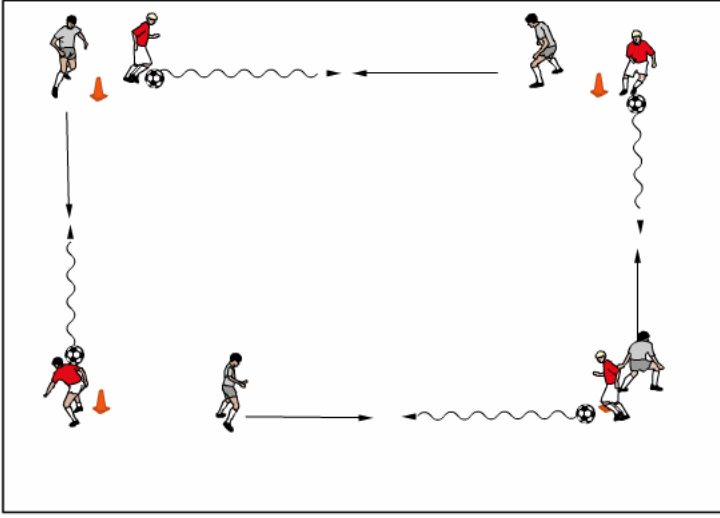
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 20 x 10 YARDS</p> <p><u>WARM-UP</u></p> <ul style="list-style-type: none"> 👤 PLAYERS ARE ORGANISED INTO TWO GROUPS 👤 PLAYERS COMPLETE A SELECTED MOVE AT EACH CONE AS INDICATED BY THE COACH 👤 WHEN THE FIRST PLAYER COMPLETES THE NEXT PLAYER BEGINS 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> 👤 USE DIFFERENT FOOT SURFACES TO DRIBBLE THE BALL 👤 BEND KNEES TO CHANGE DIRECTION 👤 TAKE AS MANY TOUCHES AS THEY WANT TO MAINTAIN CONTROL 		

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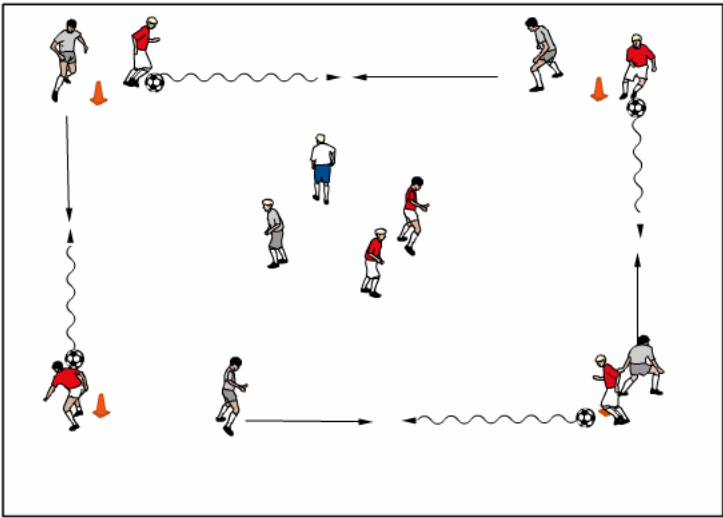
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 20 x 20 GRIDS</p> <p><u>TECHNICAL</u></p> <ul style="list-style-type: none"> • GROUP OF FOUR REDS HAVE A BALL EACH • GROUP OF FOUR WHITE'S ACT AS DEFENDERS • REDS MOVE CLOCKWISE AROUND SQUARE BEATING THE DEFENDERS • WHITE'S TRAVEL IN THE OPPOSITE DIRECTION 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> • SLOW APPROACH • QUICK MOVEMENTS TO BEAT THE DEFENDER • ACCELERATE AWAY FROM DEFENDERS • EMPHASIZE MOVEMENTS 		

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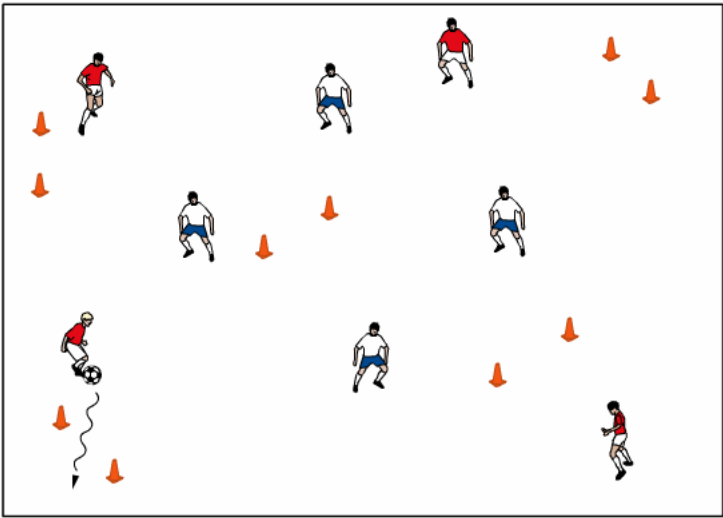
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 20 x 20 GRIDS</p> <p><u>PROGRESSION</u></p> <ul style="list-style-type: none"> • PLAY REALISTICALLY AS POSSIBLE • EACH PLAYER SCORES ONE POINT BY BEATING / TACKLING THEIR OPPONENT • REDS CAN DRIBBLE ON THEIR OWN OR PLAY A GIVE & GO WITH CENTER PLAYERS • SWITCH RULES 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> • MAKE DECISIONS BASED ON MOVEMENT OF THE DEFENDER • FAKE TO PASS IT THE OPTION IS CHOSEN • PASS OR DRIBBLE AT A SAFE PROXIMITY AWAY FROM THE DEFENDER 		

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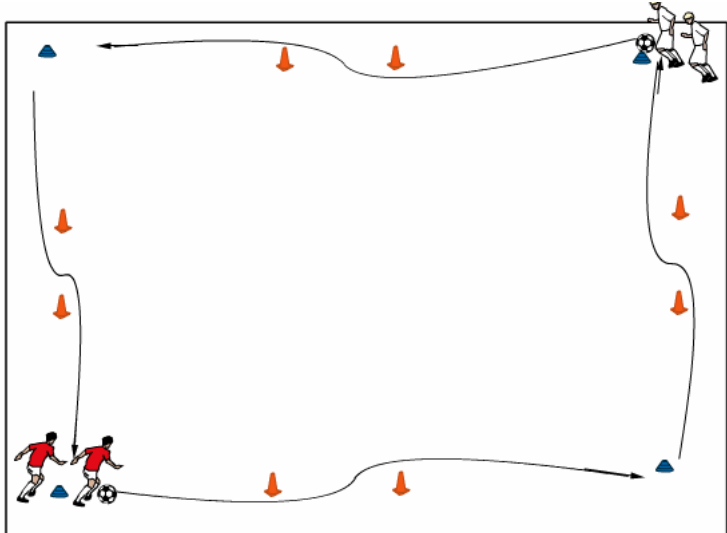
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 		
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 30 x 30</p> <p>GAME RELATED ACTIVITY</p> <ul style="list-style-type: none"> • 4 v 4 • FIVE GOALS SET UP RANDOMLY AROUND THE AREA • PLAYERS MUST DRIBBLE THROUGH THE GOAL TO SCORE • PLAYERS CANNOT SCORE TWICE IN THE SAME GOAL CONSECUTIVELY 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> • SPREAD OUT TO ALLOW SPACE FOR THE ATTACKER WHEN IN POSSESSION • KEEP HEAD UP TO MAKE APPROPRIATE MOVES • ENSURE THE FIRST TOUCH IS IN THE DIRECTION OF INTENDED TARGET WHERE POSSIBLE 		

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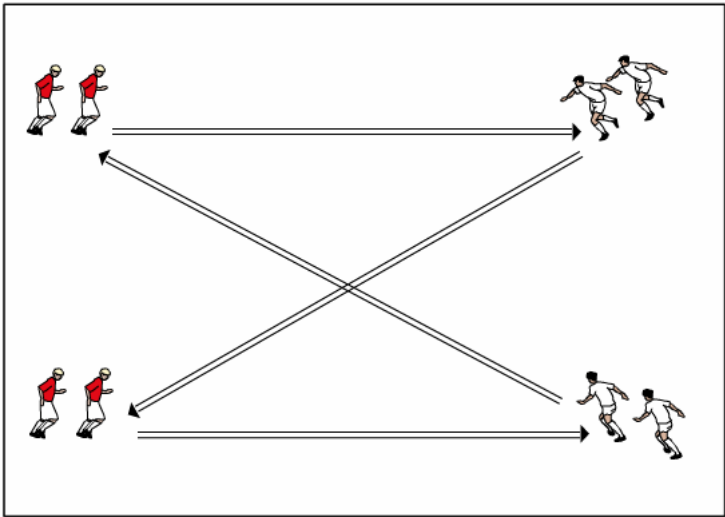
<p style="text-align: center;"><u>MAIN CONTENT</u></p> 	
<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 20 x 20</p> <p><u>WARM-UP</u></p> <ul style="list-style-type: none"> PLAYERS ORGANISED INTO EITHER ONE GROUP OR CAN START AT DIFFERENT POINTS PLAYERS COMBINE DRIBBLING AND RUNNING WITH THE BALL SKILLS TO COMPLETE THE CIRCUIT 	
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> MAINTAIN CONTROL AT ALL TIMES KEEP HEAD UP CHANGE SPEED AND ATTACK FREE SPACE USE THE LACES TO CONTACT THE BALL WHEN RUNNING AT SPEED 	

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<p style="text-align: center;"><u>ORGANISATION</u></p> <p>AREA 20 x 20</p> <p><u>TECHNICAL</u></p> <ul style="list-style-type: none"> 👤 PLAYERS ARE IN 4 GROUPS 👤 GROUPS TAKE IT IN TURNS TO MOVE THE BALL IN A SET PATTERN 👤 PROGRESSION 👤 ALLOW BOTH GROUPS TO START AT THE SAME TIME 👤 PLAYERS FOLLOW WHEN THE CURRENT PLAYER HAS COMPLETED THE CIRCUIT 		
<p style="text-align: center;"><u>KEY FACTORS/COACHING POINTS</u></p> <ul style="list-style-type: none"> 👤 IDENTIFY & ATTACK SPACE EARLY 👤 LIMIT TOUCHES WHEN IN CLEAR SPACE 👤 CHANGE SPEED & DIRECTION QUICKLY BY USING VARIOUS SURFACES OF THE FOOT 		