
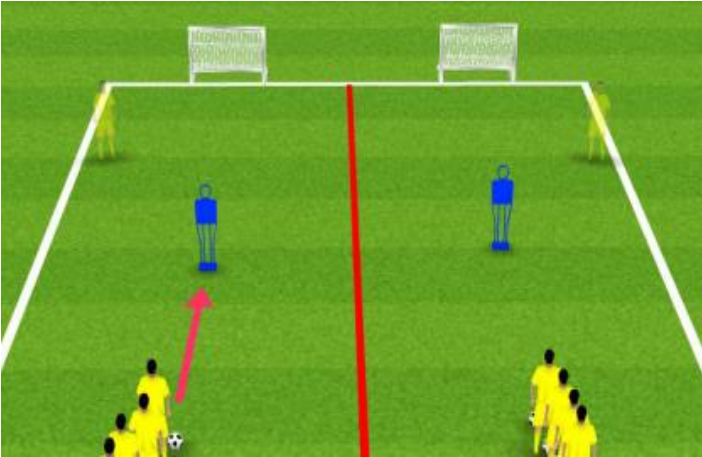
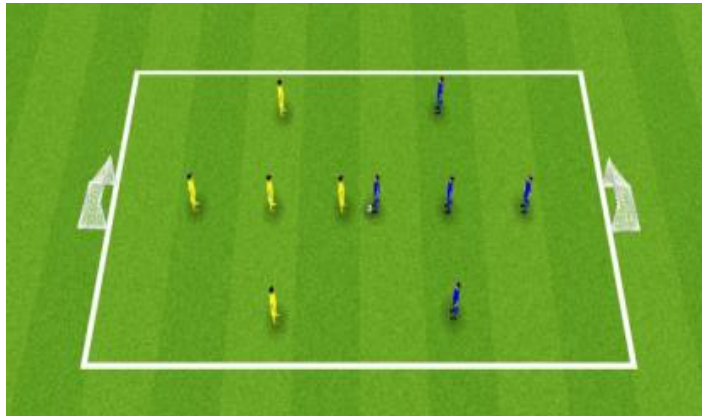


Age group	Session length	Topic	
U7	1 hour	Dribbling	
Main Coaching points & progressions			Organisation
Can drag out a player (Drive-by) to give specific help on how to do certain skill or help keeping the ball close. Also can stop practice if everyone is making the same mistake.			1. Players dribbling around with the ball, dodging all players and mannequins staying inside the square
Keeping the ball close to the body, using both feet both sides, head up, changing of pace and direction. High repetitions	High intensity constant running. 20x20m area so enough room to dribble and space to do skills effectively. 4 minutes work : 1 minute rest (x4)		2. Progression: As players get to a mannequin can they do a stepover to get around it. 3. Competition: Who can do the most stepovers around a mannequin in 1 min (x2) 4. Freestyle: Any skill to get around the mannequin
Main Coaching points & progressions			Organisation
Help ensure step over is done correctly, pull out player to highlight mechanics then can have another go to see if they got it.	Mechanics of dribbling with the pass and finish. High repetition in small area		1. Dribble the ball up to the mannequin, stepover, go around the mannequin and score into the mini goal.
Decision making and additions to dribbling i.e. passing and shooting.			2. Progression: As they get up to the defender, can they pass around him, receive the pass back the score. 3. Progression: Freestyle - any skill to get around the defender then score into the mini goal. 4. Progression: Mannequin is now a player, opposition to beat - more game realistic
Main Coaching points & progressions			Organisation
If the player tries the skill and makes a mistake, step in and help using the full coaching process. Physical: Big area so lots of space for dribbling. 5 minutes work : 1 minute rest (x4)	Using dribbling and skills learnt in previous sessions in a game scenario.		10 players, 40x30m area, 2 mini goals, 1 football Practice Design: 5v5 game (No GK), emphasis on getting past your player. normal goal = 1 goal, goal after beating a player using a skill = 3 goals
: Decision - when to use the skill and when to pass to team mate. Scoreboard is used to enhance performance.			
Review			
what went well			
Even better if			
Changes for next time			