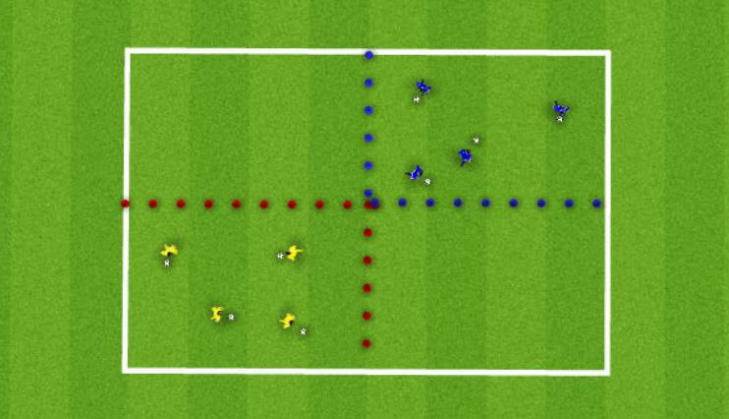
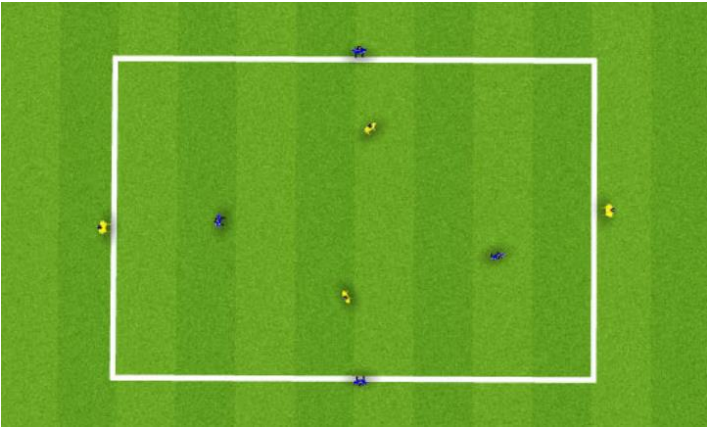
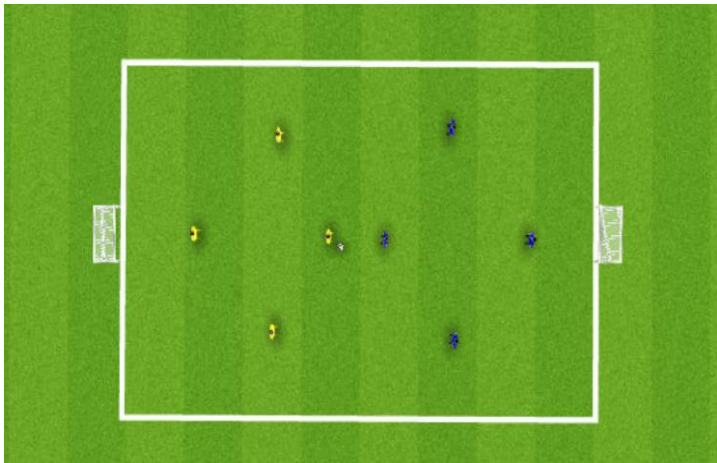


| Age group | Session length | Topic | |
|---|----------------|--|--|
| U7 | 1 hour | Dribbling & Penetrating Space | |
| Main Coaching points & progressions | |  | Organisation |
| <p>Progression/Regression: Practice using different surfaces of the foot, inside, outside, strong and weak foot, sole. Once confident with this, when coach shouts switch, players move into a different section, if swap is shouting the two teams swap sections. Which team can get to the next section the quickest.</p> <p>Interventions: Fly-bys to keep up intensity, drive-by used for any players struggling</p> <p>Physical: Hard work lots of dribbling with the ball and changing direction, rest when next type of dribbling is being explained.</p> <p>Social: Team work, communicating,</p> <p>Technical: Mechanics of dribbling - keep the ball close, using different surfaces of the foot, head up, change of pace and direction.</p> <p>Tactical: Low tactical input. Psychological: Decision making, competition used.</p> | | | <p>8 players, 4 yellow, 4 blue. Each player has their own ball. 40m x 30m area split into 4 sections.</p> <p>Key factors: Players dribble around in their section keeping the ball close.</p> |
| Main Coaching points & progressions | |  | Organisation |
| <p>Progression/Regression: Encourage dribbling further, points for dribbling past players.</p> <p>Interventions: Fly-bys to keep up intensity and encourage dribbling over passing to team, coaching process may be used when wrong decision has been made.</p> <p>Physical: High intensity work in middle of area, rest time when on the outside of the square.</p> <p>Social: Team work, communicating with team mates.</p> <p>Technical: Mechanics of dribbling - keep the ball close, using different surfaces of the foot, head up, change of pace and direction.</p> <p>Tactical: Low tactical input.</p> <p>Psychological: Decision making, when to pass and when to dribble, competition between teams.</p> | | | <p>8 players, 4 yellow, 4 blue. 1 ball, 2 yellow and 2 blues across all 4 sides. 40m x 30m area.</p> <p>Key factors: Players need to get the ball from one side to the other. 1 point by passing into play on edge, 3 points if you can dribble the ball to the person on edge. Whoever plays the ball to person on outside switches over</p> |
| Main Coaching points & progressions | |  | Organisation |
| <p>Progression/Regression: Keep highlighting the bonus of dribbling past players. If too hard overload one team, 5v3 so there is more space for team and easier to penetrate into it and beat players.</p> <p>Interventions: Fly-bys used to give feedback to players, drive-bys to challenge players further, coaching process if wrong decision has been made.</p> <p>Physical: 8 minutes work : 3 minutes rest.</p> <p>Social: Teamwork, communicating with team mates, team meetings to develop conversations.</p> <p>Technical: Mechanics of dribbling - keep the ball close, using different surfaces of the foot, head up, change of pace and direction.</p> <p>Tactical: Same formation as what is played in normal match.</p> <p>Psychological: Decision making when to dribble and pass</p> | | | <p>8 players, 4 yellow, 4 blue. 1 ball, 2 mini goals. 40m x 30m area.</p> <p>Key factors: 4v4 small sided game. 1 point = normal goal, 3 points = goals after dribbling past a defender and then scoring.</p> |
| Review | | | |
| what went well | | | |
| Even better if | | | |
| Changes for next time | | | |