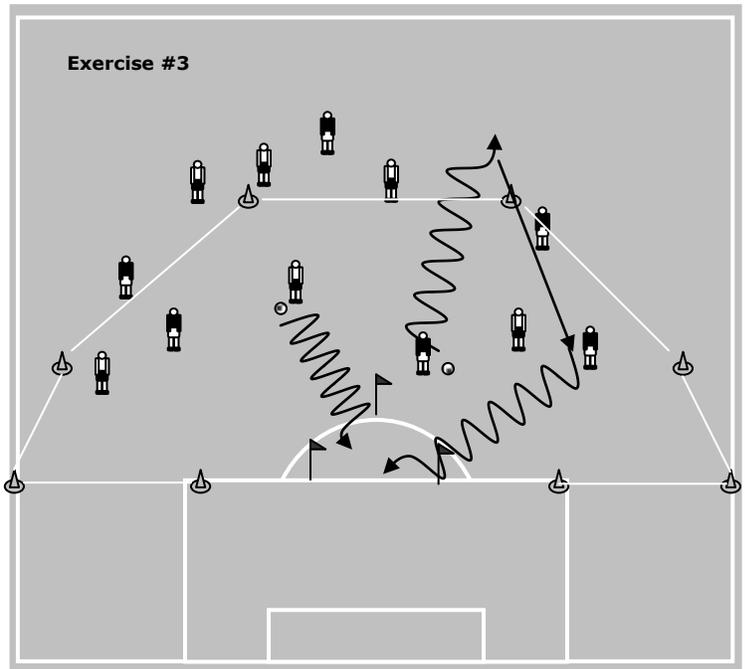
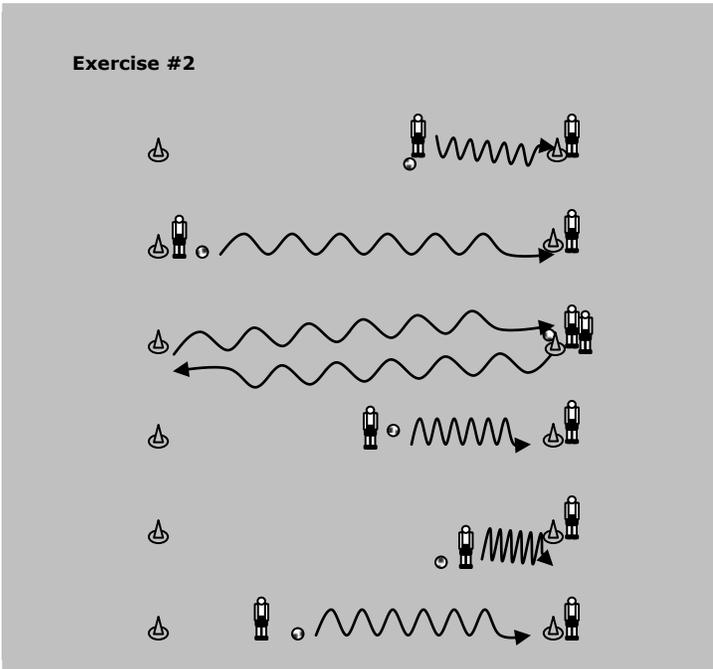


## U10 DRIBBLING SESSION (TECHNIQUE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Technique	U10	Bantam	U10B
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
In 2's 18,19,20,21,22: One ball between two players, one player working while the other rests. (see pg. 21; doc. 310 95) Double Scissors, Out-In-Out-In-Out, 1,2,3,4 Roll, 1,2,3 90, 1,2,3 "L". <i>Time: 10 min.</i>		Stay 4:1 on the positive to instructional comments throughout the session. Look for players who are doing well and praise them. Keep body relaxed and knees bent.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Dribbling in Two's: Cones 20 yards apart. First player dribbles to cone and turns, then dribbles back. Second player does the same. Try different skills, right foot only, left foot only, sole of the feet. <i>Time: 15 min.</i>		Make sure the players touch the ball a lot as they are dribbling. It is not a race, make sure technique is good and players are under control.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
6v6 Triangle Big Goals w/Neutral Area: Field is area between half line and penalty area. Two balls, two big goals set up at top of penalty area, at angles. Players try to score on either goal by dribbling through the goal. As ball changes possession, the new attacking team must dribble outside the cones to neutral area before they can shoot. <i>Time: 15 min.</i>		Encourage players to dribble to create scoring opportunities or to switch the point of attack to score on other goal. Movement off the ball, be active. Should be fun and competitive.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
5v5 w/ GK's: Field is 44x60 yards. <i>Time: 35 min.</i>		Coaching is minimal. Atmosphere is competitive and fun.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			