

Speed vs. Control Dribbling

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble

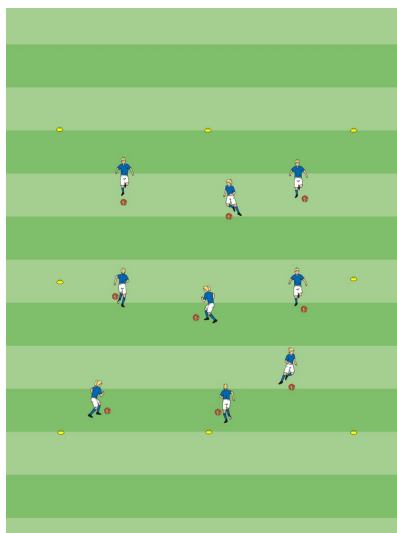
KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

Matthew Murray

AGE: U7-U8 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 10 min



Traffic Lights

OBJECTIVE: Introducing using the different surfaces of the foot

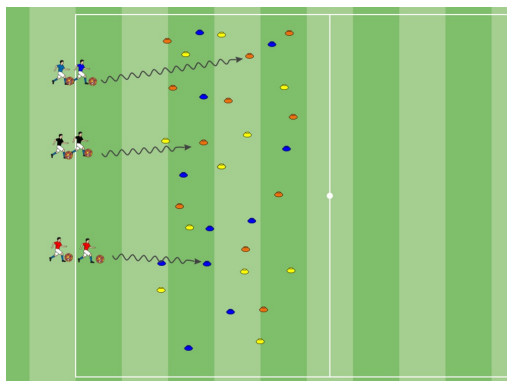
ORGANIZATION: Mark out a 16 x 20 yard box. All players must have a ball and must try and stay in the grid.

KEY WORDS: Dribble. Inside. Outside. Sole. Laces. Head Up. Space. Openings. Look. Find.

GUIDED QUESTIONS: 1) What part of the foot do you use to control dribble? (Red/Yellow Lights) 2) What part of the foot do you use for speed dribble? (Green Light) 3) How do you find open space to dribble into? 4) What should you look for when a coach call "Runaway Truck"?

ANSWERS: 1) Sole. Inside. Outside 2) Laces. Outside. 3) Looking. Dribbling with Head Up. 4) Open Spaces. Away from other teammates/Coach (defender).

NOTES: Red light - Stop ball. Yellow Light - Dribble Slowly. Green Light - Speed Dribble. U-Turn - Change Direction. Runaway Truck - Coach "tries" to kick balls away. Road Work - Player zig-zag dribble. Crash - Player role round with ball. Helicopter - Player spin w/ ball on their head. Rail Crossing - Player stop, look & continues.



Cone Collector

OBJECTIVE: Learning to combine Speed with Control

ORGANIZATION: Scatter cones randomly throughout your own half of the field. Split group into 2-3 mini teams. Teams line up on end-line or side-line.

KEY WORDS: Dribble. Look. Head Up. Stop Ball. Quick. Close. Touches

GUIDED QUESTIONS: 1) What part of the foot should we use to speed dribble? 2) What part of the foot should we use to control/stop ball? 3) How do you find where the cones are?

ANSWERS: 1) Laces/Outside 2) Inside/Outside. Sole. 3) Dribble with Head Up. Look before & while you Dribble!

NOTES: Coach yells go & 1st player in each line must dribble up to a cone, stop the ball, pick it up and return it to their line. Team with most cones wins! Progression: Add a DEFENDER to protect the cones. Add different color cones and assign points: Red - 1 point Green - 2 points etc.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?