



Academy Session - Week 4 Tuesday

Category: Technical: Dribbling and RWB

Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

Open the Gates (15 mins)

Open the Gates

Objective: Increased confidence in individual dribbling and skill performance

Focus: Dribbling under control while utilizing multiple surfaces

Setup:

- 25x25 grid
- 7-10 dribble gates randomly placed inside grid (2yd width)
- Defending team always has 1-2 less players than attacking team

Action:

- Begin with every player having a ball
- Introduce a skill to work on and have them complete it 2-3x before finding a new gate to dribble through
- Team 1 vs Team 2 - On coaches command, for 30 seconds, players dribble through as many gates as possible while performing skills 2-3x in between.
- Players get together with their teammates to add up their total score - highest score wins!

Progression

- Attacking team has all the soccer balls, defending team has no balls and 1-2 less players
- Defending team must defend each gate, while attacking team attempts to dribble through
- On Coaches command, attacking team attempts to dribble as many gates as possible. Defenders try to clear the soccer balls from the grid. Go for 30 seconds.
- Skill points if a player uses a skill to beat a defender



Knock Downs (20 mins)

Knock Downs

Objective: Increased confidence in individual dribbling and skill performance to beat a defender

Focus: Dribbling under control while utilizing multiple surfaces. Deception and skill to beat a defender.

Setup:

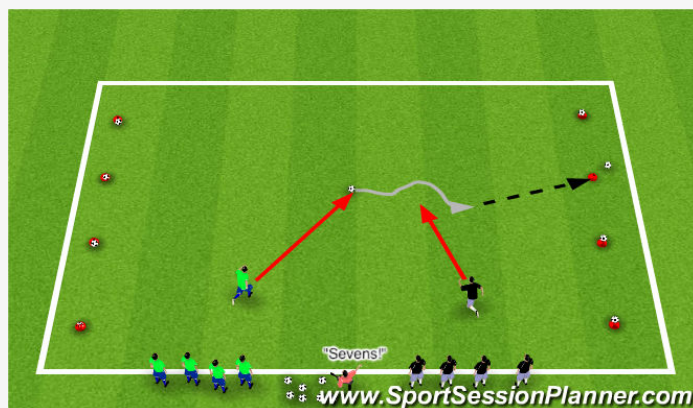
- 25x25 grid
- 4 soccer balls placed on top a cone on either end of the grid
- Equal teams to the sides of the coach

Action:

- Every player on each team should be assigned a number 1-20
- Coach begins the activity by passing a ball into any space then yelling out a number
- Players with that designated number run onto the pitch to compete in a 1v1
- Play ends when attacker has knocked an opponents ball off the cone or ball goes out of bounds

Progression

- Coach calls out 2 different numbers to create a 2v2



Money Grab (20 mins)

Money Grab

Objective: Increased confidence in individual dribbling and skill performance to beat a defender

Focus: Dribbling under control while utilizing multiple surfaces. Deception and skill to beat a defender.

Setup:

- 25x25 grid
- 2 equal teams
- 2 balls placed on top a cone at either end

Action:

- Similar to previous activity, but now a team gets to steal the ball/cone once they knock it down then place it on their end
- Teams compete in a 3v3 or 4v4 until one team has stolen all of the opponents balls/cones
- Complete until one team has stolen all, or highest amount



collected after 3 minutes

- Winning team stays on, new team comes out to compete

King of the Hill (20 mins)

4v4 King of the Hill

Objective: Introduce multiple surface techniques to improve individual ball mastery

Focus: Dribbling under control while utilizing different surfaces and techniques

Setup:

- 25x35 grid with pugg goals
- Split into 3 equal teams

Action:

- Teams play for 3 minutes or first to 3 goals (whichever comes first)
- Winning team stays on, new team enters
- First team to 4 total games won is the champion

