



TEAM: 1st-3rd Graders

DATE: May 7th 2022

VENUE: Ashland

THEME: Dribbling

TIME:

DURATION: 60MINS

SESSION CONTENT

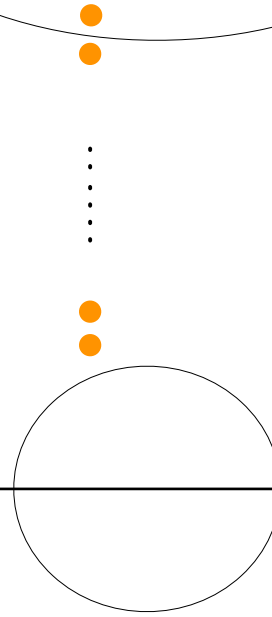
- 1. WARM UP 15mins
 - 2. GAME RELATED PRACTICE 15mins
 - 3. Scrimmage 20mins
- TOTAL TIME 60mins**

16
PLAYERS
TRAINING

GK
DEF
MID
ATT
GUEST
Inj
Off

1. Warm-up (example robotic drill) - GR

10-15mins (18.00-18.10)



Organisation:

- 6 cones
- Player dribbles between cone and pass

Detail:

Work on different moves

Progression:

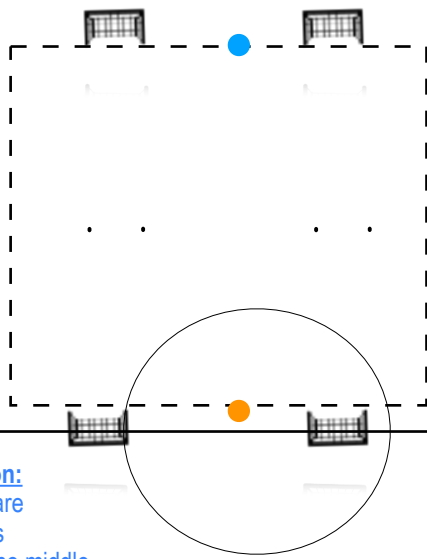
- 2 balls starting in opposite side
- one-two around the cones

Coaching Points:

- Play proper foot
- Weight of your pass

1. Warm-up (example game-like drill) - GR

10-15mins (18.00-18.10)



Organisation:

- 10x10 Square
- 4 mini goals
- 2 gates in the middle

Detail:

1vs1

Progression:

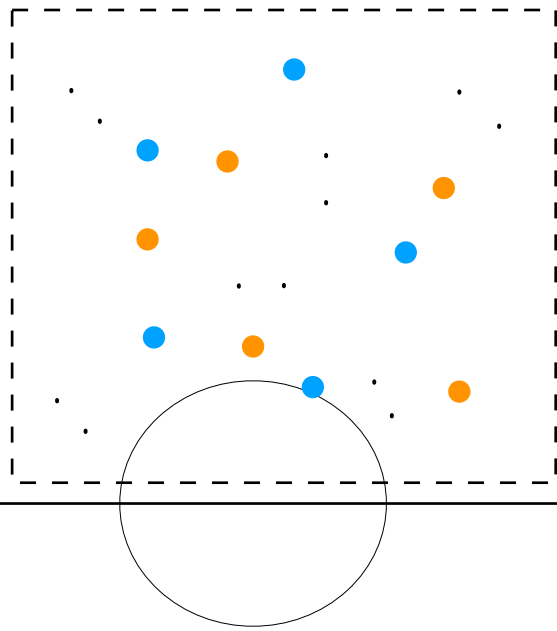
Player in yellow passes the ball to blue player. Blue player has to dribble in between one of the 2 gates(2 black cones), if his able to do that he unlocks all the 4 goals and he can score in any of the 4. If Yellow wins the ball he can score in any of the 4 mini goals

Coaching Points:

- Keep ball close

2. GR- GR

10-15mins (18.00-18.10)



Organisation:

- 25x25 Square
- 5vs5
- 6 gates

Detail:

Players scores points for their team by dribbling in between gates

Progression:

- Pass to a team in between gates

Coaching Points:

- Keep ball close
- Play teammate open
- Move to receive the ball

NOTES: