



TEAM: 4th-8th Graders

DATE: May 7th 2022

VENUE: Ashland

THEME: Dribbling

TIME:

DURATION: 60MINS

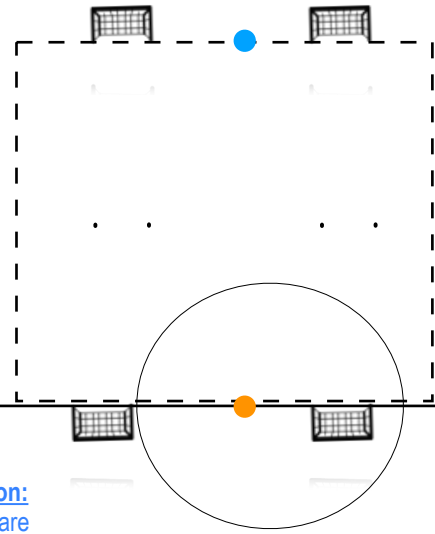
**SESSION CONTENT**

- 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 game-like drill) - GR**  
10-15mins (18.00-18.10)



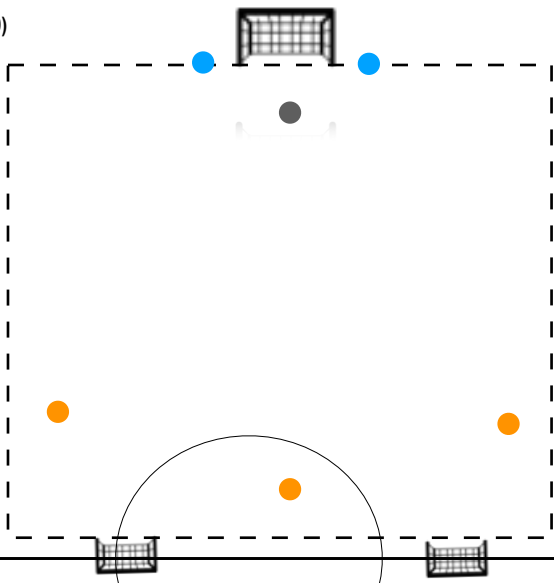
**Organisation:**  
-10x10 Square  
-4 mini goals  
-2 gates in the middle

**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  
-1vs1

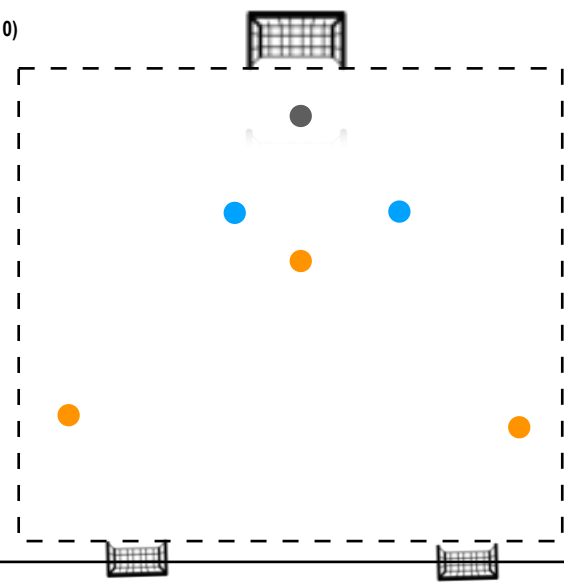
**Detail:**  
Player in the middle (yellow), dribbles on a 1vs1 vs the GK. Once that ball is ether scored, saved or goes out of bounce, one of the two(yellow) players dribbles in and 2 defenders come in creating a 3vs2 to goal. If Blue players wins the ball they score in the counter goals.

Second part of the drill in the diagram next page

**Progression:**  
At a defender in the first part

**Coaching Points:**  
Keep ball close  
Play teammate open  
Move to receive the ball

**2. GR- GR**  
10-15mins (18.00-18.10)



**NOTES:**