



# CYA Week 2 Session 1-Running with the ball

Category: Technical: Dribbling and RWB  
Difficulty: Moderate

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## Description

### Screen 1 (15 mins)

#### Speed Dribble (15 min)

Inside Chop/ Cut  
Outside Chop/ Cut  
Roll/Cut  
Scissors behind ball  
Any Move

#### Coaching Point:

Change of direction and speed  
close control before executing move  
Execute move early



### Screen 2 (15 mins)

#### Gate Defenders (15 min)

-Rotate all players as defender  
-Defender can only move/tackle on goal line side to side (not forward)

#### Coaching Points:

Start move early  
Use body feints to sell move and shift defender  
Attack at speed and accelerate away  
Be Confident! Have an idea of your move



### Screen 3 (20 mins)

#### EndZone Soccer (20 min)

-Team scores 1 point for receiving a pass in the endzone, 2 points for dribbling  
- Kick ins or dribble ins to restart play

#### Coaching Points:

Emphasize taking players on 1v1  
Can they use a skill worked on earlier? ( ex: reward an extra point for every scissor )  
Picking head up to find space  
Communication



## Screen 4 (15 mins)

### 1v1 Tournament (15-20 min)

-1v1 on 3 min matches

-Rotate to field on right (players on outside joins the tournament)

-Players on outside are juggling until they re enter the tournament

### Coaching Points:

Be confident and creative on the ball!

