



CYA Week 5 (9-11) Session #2 Dribbling & Running with the ball

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Description

Dribblers vs Passers Grid

15x15 grid.

Constantly moving, four dribblers now try and interfere with the other team who are passing the ball between pairs (one ball between two)

Passers try and make as many passes as they can.

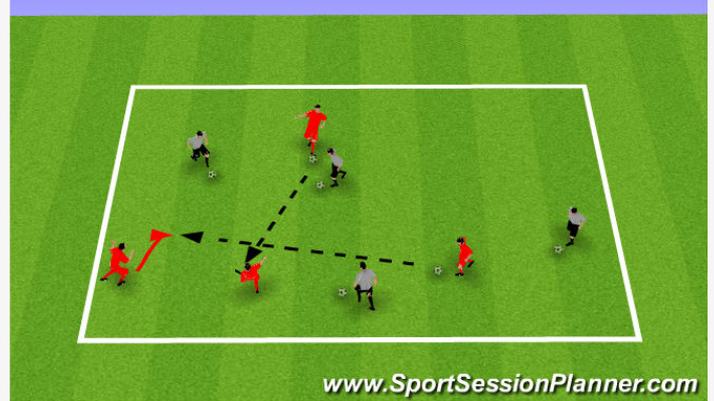
Dribblers are constantly forcing passers to try and take up new positions.

Prog:

Now the passers play on the outside but one passer can step in and step out for two points. They can check in /run in and pass out or turn and dribble back out.

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As soon as the dribbler has looked for the passer to block him the passer needs to move to a new position.



Game of 3 gates (25 mins)

Organization:

- 30x30 box with 6 gates inside, 3 for each team.

Instructions:

- players have to dribble through the gates to get a point.

Coaching Points:

- how players look to change direction from one gate to another if pressure is on.
- spreading out the field so all gates could be used.

Progressions/Regressions:

- Pass to another teammate across the gate
- 1-touch finish



Condition Game (15 mins)

Organization:

5v5 - Adjust to numbers

Instructions:

- give and go or through ball to be able to score.
- 1 touch finish.

Coaching Points:

- Attacking and defending principles of play.

Progressions/Regressions:

P. Limited touches.



Scrimmage (15 mins)

Organization:

5v5 - Adjust to numbers

Instructions:

- Scrimmage
- Fifa Rules

Coaching Points:

- Attacking and defending principles of play.

Progressions/Regressions:

P. Limited touches.

