

Topic: Individual Dribbling - All ages

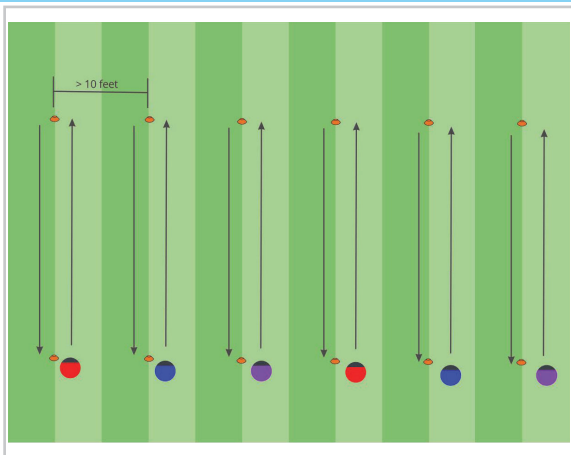
Objective: To work on individual "closed" technical skills that can be transferred to an open environment with pressure

Player Actions: Dribbling



Phase 1 - Session 1  
No passing in Session 1  
One ball per player

Social distance training session  
Water and 2 minute break between each



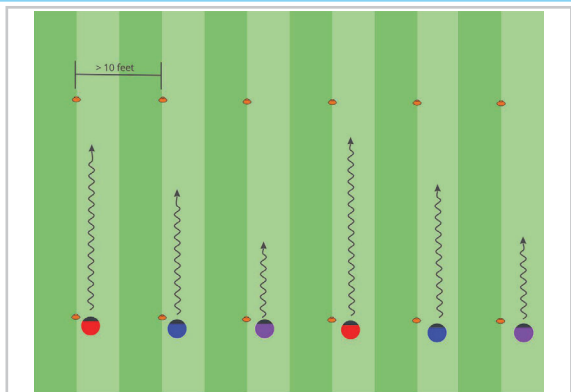
Objective: To dynamically warm-up for the session

Organization:

Across from one cone to the other staying 10ft away from each other  
High front kicks, high back kicks, open gate, close the gate, high knee stretch, high kicks, butt kick stretch, butt kicks

Coaching Points/Guided Questions

Slow and steady  
Technically correct  
Training good habits



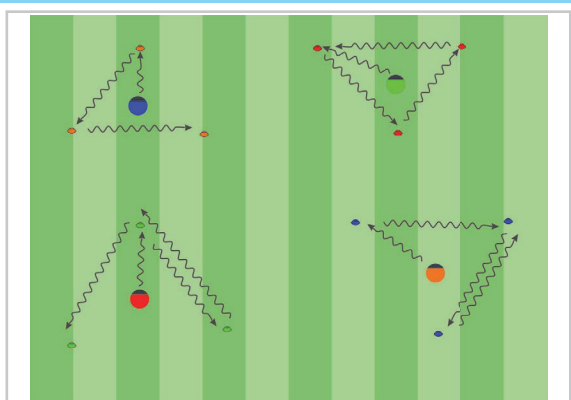
Objective: Training individual "closed" skills

Organization:

Players in three groups, numbered 1 thru 3 down the line - Coach calls on player 1 to go across. When group 1 is halfway, group 2 goes. When group 2 is halfway, group 3 goes. When group 3 gets down, group 1 heads back. Same skill down and back.  
If waiting on a cone, quick touches on side of ball (up and down moving the ball between feet, not like a penguin walking)  
Skill 1: quick touch, Skill 2: outside/inside right, Skill 3: outside/inside left, Skill 4: outside,outside/inside right, Skill 5: outside,outside inside left, Skill 6: lunge left/lunge right, Skill 7: scissors left/scissors right, Skill 8: step-over left, step-over right

Coaching Points/Guided Questions

Knee leads the move  
Do every move in THREE outlined steps to connect the learning  
Ability to switch the ball from one foot to the other while protecting the ball from the defender - moves give us that  
Toe down to ground before each touch  
AS MANY TOUCHES AS POSSIBLE - NOT A RACE - Competition should be most touches, not who gets there first.  
Take rest as needed - keep fresh



Objective: Training skills in a more "open" environment to connect learning

Organization:

One player and one ball per triangle. Each triangle at least 10 feet from another.  
45 seconds on/45 seconds off - REST IS NEEDED  
All parts of both feet with turns at each cone  
Two rounds each: turn with inside (cruyff, chop), turn with bottom  
Three rounds: turn with outside (lunge, scissors, step-over)

Coaching Points/Guided Questions

When do you need to know what you are going to do? A step before getting to the cone.  
When going left, take it with your left foot. If going right, take it with your right foot (keeping ball away from defender/cone).

Cool down

100 juggles - not necessarily in a row. Just 100 times up.  
Can lower number for lowest ages or raise it for highest, but start here.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4    9v9  11v11

Moment: Individual Training

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