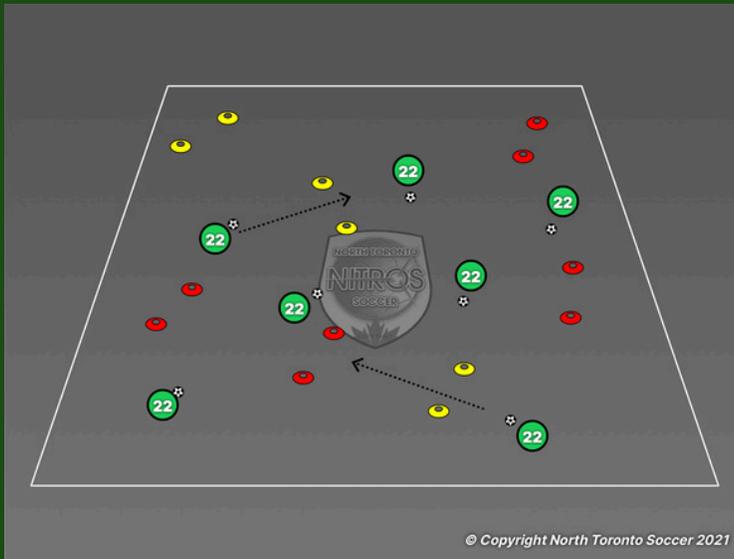


U7 Sample Session Plan

Dribbling Gates



Time: 12 min

Topic: Dribbling & Ball Control

Coaching Points:

- Smaller touches vs bigger touches, when and why
- Head up (find gates, avoid defenders)
- Using different parts of the foot to dribble
- Accelerate out of gate

Instructions:

- Players dribble around the space, trying to dribble their ball through as many gates as possible until coach calls time (45 seconds)

Score:

- Players keep track of how many gates they dribble through
- Players try to beat their score from the previous round

Progression:

- Add defenders in who try to tap the attackers ball
- The defending team gets a point for every time they tap a ball
- Defenders work together to beat the attackers highest score