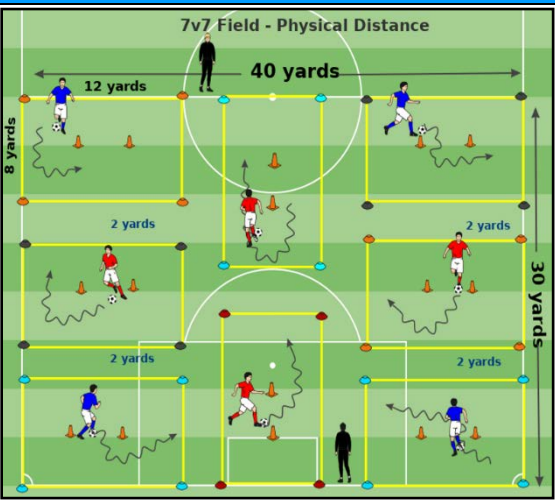


Spring 2020 U9-U10 7V7	<b>PHYSICAL DISTANCING TRAINING SESSION</b> <i>(In accordance with the COVID - 19 Guidelines)</i>						
	<b>GOAL:</b>	<b>Improving the techniques of Dribbling to Beat an Opponent</b>					
	<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>45 minutes</b>	<b>PLAYERS</b>	<b>7 - 8</b>	

**SKILL ACQUISITION: Dribbling-** Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace) after the defender is beaten.

**ACTIVITY 1: BALL MASTERY**



**DURATION: 10 min – INTERVALS :10 -- ACTIVITY: 40 sec--REST: 20 sec**

**OBJECTIVE:** To dribble the ball forward.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will dribble it around performing the following tasks:

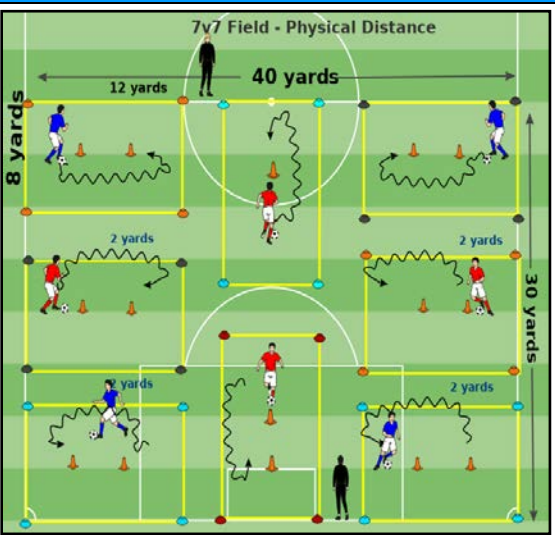
1. Dribble using the inside and outside of the right foot. *Four Intervals.*
2. Dribble using the inside and outside of the left foot. *Four Intervals.*
3. Dribble using 3 laces touches, 6 inside of both feet touches and stopping the ball. *Two Intervals.*

**KEY WORDS:** Head up and Surface.

**GUIDED QUESTIONS:** 1. When you dribble, why do you want to have the head up? 2. What surface of the foot should you use to go straight, change direction and to stop the ball?

**ANSWERS:** 1. To look where to go with the ball – 2. To go straight use the laces, to change direction the outside or the inside of the foot and the sole to stop the ball.

**ACTIVITY 2: FAKE & ACCELERATE**



**DURATION: 16 min -- INTERVALS: 16 -- ACTIVITY: 45 sec --REST: 15 sec**

**OBJECTIVE:** To dribble the ball forward and beat an opponent.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will stand about two yards from the cone; dribble the ball around to get in front of the other cone. Player should perform the following technical tasks:

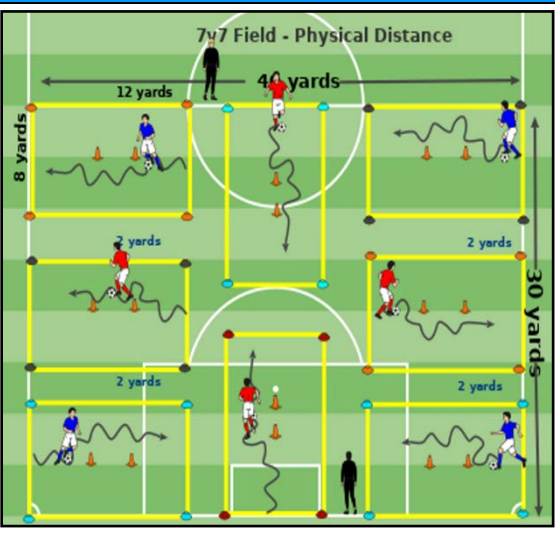
1. Touch and accelerate to the other cone. *Four Intervals.*
2. Touch with inside right, touch with the inside left and accelerate to the other cone. *Four Intervals.*
3. Circle take with right foot take with the outside of the left foot (Scissor). *Four Intervals.*
4. Circle take with left foot take with the outside of the right foot (Scissor). *Four Intervals.*

**KEY WORDS:** Surface, Long touch, Control.

**GUIDED QUESTIONS:** 1. What surfaces of the foot should you use for the first touch? 2. Why do we want to have a long first touch? 3. What do we do to get in front of the other cone?

**ANSWERS:** 1. The inside or the outside of the foot – 2. To give us room to accelerate – 3. Control the ball with smaller touches and stop it.

**ACTIVITY 3: BEAT THE CONE**



**DURATION: 18 min -- INTERVALS: 19 -- ACTIVITY: 45 sec --REST: 15 sec**

**OBJECTIVE:** To dribble the ball forward and beat an opponent.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will dribble around the cone in the middle and go to the other side. Player should perform the following technical tasks:

1. Inside and outside of one foot. *Four Intervals.*
2. Touch with inside right, touch with inside left. *Four Intervals.*
3. Fake and take. *Five Intervals.*
4. Circle take. *Five Intervals.*

**KEY WORDS:** Control, Fake, Accelerate.

**GUIDED QUESTIONS:** 1. How can we control the ball before performing the move? 2. Why do you need to fake a defender? 3. When do we accelerate?

**ANSWERS:** 1. We will take smaller touches. – 2. The fake throws the defender out one way – 3. As soon as we are past the defender (cone).

**See video links to some of the moves below:**

FIVE ELEMENTS of a TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. <b>Organized:</b> Is the exercise organized in the right way?</p> <p>2. <b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p>3. <b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful).</p> <p>4. <b>Coaching:</b> Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>

1v1 moves links	
Bish- bash	<a href="https://www.youtube.com/watch?v=8CBpSYuUIJ8">https://www.youtube.com/watch?v=8CBpSYuUIJ8</a>
Fake and Take	<a href="https://www.youtube.com/watch?v=Zuu7mDzZA2g&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=3">https://www.youtube.com/watch?v=Zuu7mDzZA2g&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=3</a>
Scissors	<a href="https://www.youtube.com/watch?v=6dcW1VhK3Yw&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv">https://www.youtube.com/watch?v=6dcW1VhK3Yw&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv</a>
Step over	<a href="https://www.youtube.com/watch?v=biZKX2zE0dQ&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=8">https://www.youtube.com/watch?v=biZKX2zE0dQ&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=8</a>