



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Fun Dribbling Activities

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two players start in the area without a ball * Everyone else has a ball and is dribbling around * The players that don't have a ball must try to win a ball from a dribbler * If they win a ball, the person that lost the ball must then go and retrieve a ball from another person. * If the dribbler goes out of the area with the ball due to pressure from the defender they switch roles 	<ul style="list-style-type: none"> * Keep the ball moving * Be positive in facing the defender up
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Players work in 1 v 1 's in a 12 yard x 12 yard area * Three goals are set up in three corners of the grid * Defender stands in one corner and the attacker stands opposite * Defender plays the ball to the attacking play * The attacking player can score one point by dribbling in a side goal or 3 points for beating and going past the defender * Switch roles after each turn 	<ul style="list-style-type: none"> * Positive First Touch * Attacker the defender to the side * Bend knees * Disguise your movement * Accelerate to the side and behind
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set up group in to two equal teams * Place two or three triangular goals around the grid * Teams score goals by dribbling successfully through the triangle without losing possession * Teams can pass the ball through the triangle but it does not count as a goal * Once the team has dribbled through one triangle they must attempt to move through a different one before returning to the triangle they just dribbled through. 	<ul style="list-style-type: none"> * Team Shape, space and awareness * Acceleration into space * Don't force the play
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5 V 5 including GK's * Normal Soccer Rules * Let the players play, but encourage players to take players on when in 1 v 1 situations. 	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ⤞ = Dribble ● = Marker Disc 😊 😊 = Players → = Run ⋯ = Pass ▧ = Goal
<p style="text-align: center;">COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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