



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Individual Dribbling Activities for Young Players

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players dribble around the area with a ball each * The coach shouts out an animals name and the players have to dribble at the speed that animal would move * As a progression the coach now has three colored vests (Red, Orange and Green) * When the coach holds up the red vest it means stop, orange vest means change direction, green vest means go 	<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> * Players change Speed * Players have control of the ball when stopping * Players change direction
	<ul style="list-style-type: none"> * Players dribble around the area with a ball each * The coach has a cone in his/her hand * The coach goes and places the cone on top of any players ball who does not have it within a close proximity * The player then has to conduct 10 toe-taps (touching the top of the ball with the sole of the feet) before they can dribble around again. * Coach has to make this game fun but allow the children to be successful by adding lots of enthusiasm 	<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> * Players change Speed * Players have control of the ball * Players change direction * Players improve their balance and coordination
	<ul style="list-style-type: none"> * Players have a ball each * They take the ball to the coach * Coach then throws the ball out asking the players back as quickly as possible * Give the players different tasks, like amount of touches, bouncing ball * Ball should not leave the area * As the coach keep changing your position in the area 	<p>This activity will encourage things to happen without you having to coach, observe for the following factors.</p> <ul style="list-style-type: none"> * Players have control of the ball * Players change direction * Players improve field awareness * Dribble with their heads up
	<ul style="list-style-type: none"> * 3 V 3 no GK's * Have two or three ball is the game at the same time * Once all the balls have ended up in the goal, restart the game * Coach can add more balls as he/she feel's fit * Let the players play, but encourage players to take players on when in 1 v 1 situations. 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> <li style="width: 50%;">○ = Ball <li style="width: 50%;">⚡ = Dribble <li style="width: 50%;">👤 = Coach <li style="width: 50%;">- - - = Throw <li style="width: 50%;">😊😊 = Players <li style="width: 50%;">🎯 = Vests <li style="width: 50%;">🟡 = Cone <li style="width: 50%;">🚪 = Goals
<p>COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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