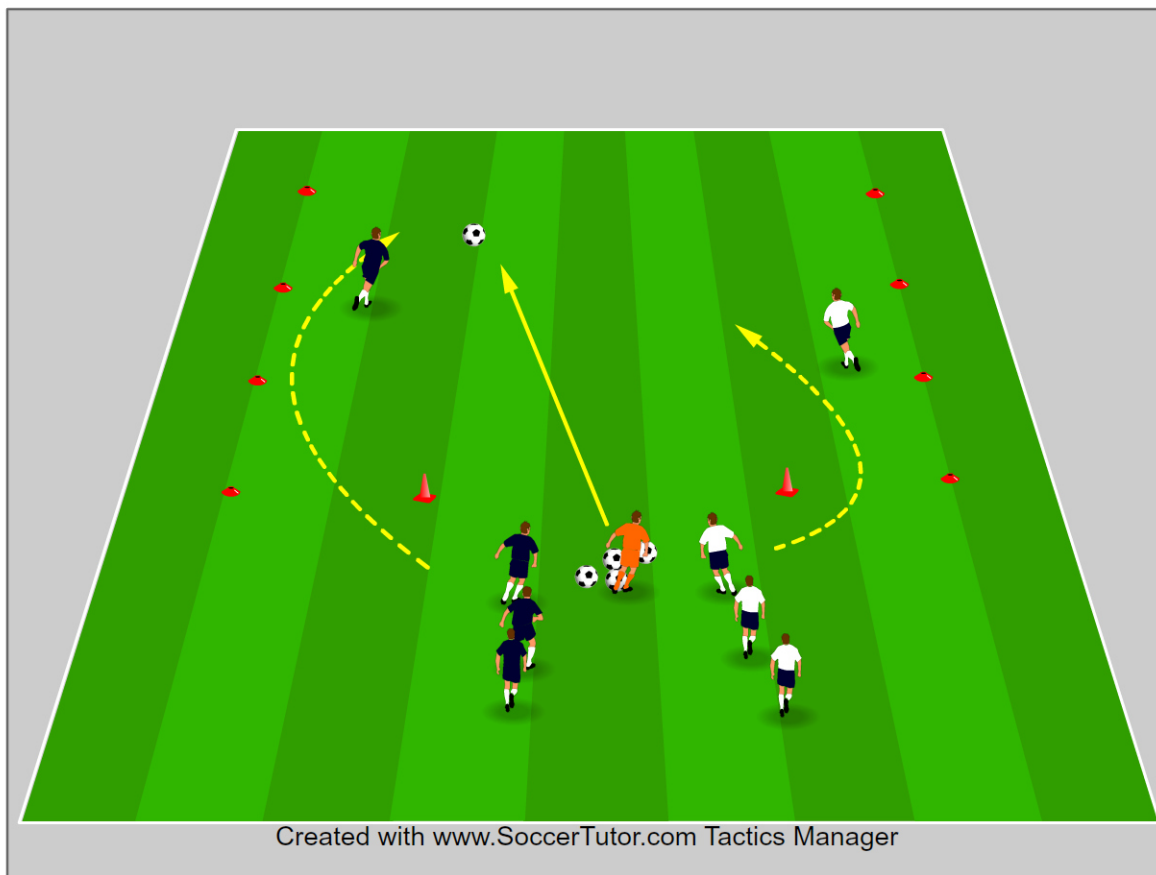


WSA 1v1 Line Dribbling U9/U10



Date:	21/Aug/2014	Measurement:	30 x 30 Yards
Time:	N/A:N/A	Players:	5
Duration:	15	Level/Age Group:	U8 - U10

Description: The playing field is about 20x20 yards.

The coach will pass a ball in and the #1 in line for the 2 teams will run around the big cone, catch up with the ball and play an 1v1 line dribble game. You have to dribble the ball across the line to score a goal.

Objective: Players are able to dribble the ball across the field under pressure of an opponent. Try to change direction of the ball to outplay your opponent.

Coaching Points:

- 1 - Keep your head up, know where your opponent is
- 2 - Keep the ball out of reach of your opponent
- 3 - Change direction of the ball to catch your opponent of guard
- 4 - Use fakes/feints to get around your opponent

Progression: You can add players to create 2v1 and eventually 2v2 situations. Players on the ball than have to decide if they are going to pass or dribble. You finish practice with a 3v3 game in which the players have to dribble across the line.