



Lesson Plan Form

Name: _____ Date: _____

Topic: Dribbling & Ball Control

Key Coaching Points

Activity

10-12 Minutes

Technical warm-up

Tech Square- 10x10 or depending on numbers
and skill level.

Rules- 1) touch only your ball and
don't allow to touch anyone else. 2) Stay inside
the square.

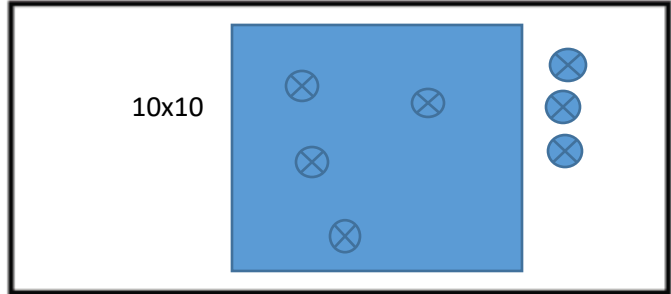
1. Pendulum
2. Toe Taps
3. Sole of the Foot
4. Pick up speed
5. Right/ left foot only
6. No looking down

8-10 Minutes

Small-sided activity

Knock out- 10x10 depending on skill/ numbers

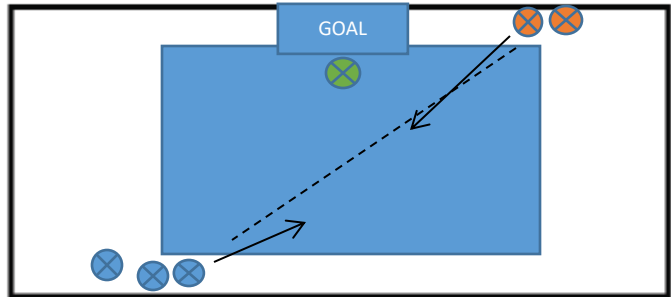
- Keep control of ball while knocking
Everyone else's ball out of square.



10-12 Minutes

Expanded small-sided activity

1 vs 1, 2 vs 2 or 2 vs 1 to goal- Defender plays
Ball to attacker and attacker dribbles to attempt
A shot.



10-15 minutes

Final game

Two teams to goal.

