



CCC INTRO CLINIC SESSION

Dribbling



Warm Up : Cone Knockdown



Organisation

Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Half the cones should be up-right and the others on there side. Split the players into 2 teams. The aim of the game is for one team to run around and knock over the up-right cones while the teams job is to put the cones back up the right way. After 1 min teams switch roles

Progressions

Players must jump over the cone before knocking it down or picking it up

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Players dribble the ball while knocking down cones or picking them up

Team knocking down carry ball cones can only do so by rolling their ball onto the cone

Team knocking down cones can only do so by kicking their ball onto the cone

Dribbling Game : Walk The dog



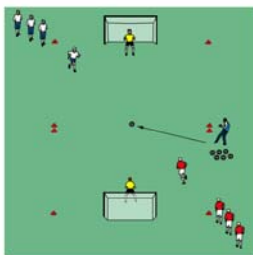
Organisation

Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Each player has a ball (DOG). Inform players that it is a beautiful summers day and they have decided to take their dog for a walk in the park. Players follow the coaches instructions:

- **Walk the Dog** – Players dribble ball around the grid avoiding the cones (Trees)
- **Pull the Leash** – Players stop the ball
- **Sit** – Players sit on their ball
- **Play Dead** – Players lye down on their ball
- **Beg** – Players put both knees on the ball

- **Stay** – Players leave their dog and run around a cone on the outside of the grid and return to their ball
- **Playground** – Players tie their dog to a tree and run to the playground
- **Water Park** – As above but player run to the water Park
- **Mail Man** – The coach runs around the park and players chase after them with their ball.

1v1 Classic Numbers game



Organisation

Set up a 25x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins.

Progression

Have players perform an exercise or place obstacles for players to manoeuvre between before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc...

Call out 2 numbers

3v3 or 4v4 games Duration 20 mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Players play for 10 mins and then rotate so that each team play against at least 2 different teams.

Coaches are encouraged to give positive encouragement to all players but **DO NOT COACH GAMES LET THE KIDS PLAY.**

Encourage players to be selfish and dribble at all times

Explain rules when needed

- No Corners
- Ball goes out Coach plays ball in, Players dribble ball in, or players kick ball in
- Any Foul play an In-direct free kick is awarded.
- Goal scored restart from coach