



CCC INTRO CLINIC SESSION Dribbling, Passing, 1v1



Warm Up : Cone Knockdown



Organisation

Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Players jog around the area and attempt to knock down the cones, select 2 players to defend the cones who run around and pick up any cones that have been knocked down

Progressions

Players carry a ball in their hands and roll the ball onto the cones.

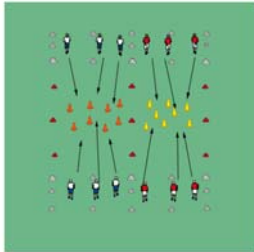
Players bounce the ball around the grid and roll the ball to knock down the cones

Players throw the ball from one hand to the other while moving inside the grid and roll the ball to knock over the cones

Players now dribble the ball and pass the ball to knock over the cones

Players must perform 4 toe taps before passing the ball to knock over the cones

Dribbling Game : Cone Knock Down



Set up two grids side by side 10x20yds with two end zones of 5yds (See Diagram). In between the 2 end zones place an equal amount of tall cones (See Diagram) . split the group into 2 teams placing half the team in each of the 2 end zones (See Diagram). Each player has a ball and on the coaches command players roll the ball from the end zone attempting to knock over the cones in their grid. After a set time the coach stops the game and which ever team has knocked over the most cones is the winner.

Progression

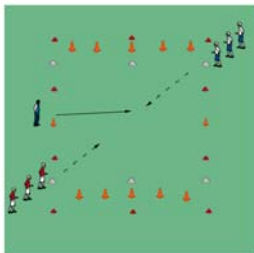
Players attempt to throw the ball with both hands to knock over the cones

Players kick the ball to knock down the cones

Have a player from the opposite team protect the cones

As above now this player can help their team by dribbling the ball over to their team mates

1v1 Cone knockdown



Set up a 25x20yd field with 2 end zones placing an equal amount of tall cones in each end zone (See Diagram). Split players into 2 teams and have them line up as shown in the diagram. The coach gives each player a number. Coach calls out a number and Players play 1v1 and attempt to knock down the other teams cones. On knocking down a cone the player picks up the cone and places it in their end zone. The team with the most cones at the end is the winner

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...

After a player has picked up a cone the other player attempts to tag the player before they can get to their end zone, if the player is tagged they must return the cone back to their endzone

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