



## U14B Blitz - dribbling session

Category: Technical: Dribbling and RWB

Skill: U14

Pro-Club: Red Bulls New York Academy  
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### Ball Mastery and games / Dribbling moves (for 1v1s) - Unopposed (15 mins)

**Organization:** 30x30yrd grid. Cones scattered in various areas of the grid

**Instructions:**

- Players to dribble around the area in/out of the cones.
- Players with a ball each doing ball mastery moving from cone to cone: bell touches, outside/inside, toe taps, rolls, roll-stop etc. (moves carried out using inside, outside, and bottom of the left foot and right foot)
- Players to practice dribbling moves at the cones (i.e. dribble at a cone with speed and do a move to change direction away from it). Moves include; fake, double fake, scissors, Ronaldo, roll-push, Maradona etc.

**Dribbling games:** Knockout, tunnel tag, garbage etc.

**Coaching Points:**

- Head up and look for space (look for a cone that other players are not going to). Also when doing the ball mastery look forward at the cone, training to get head up when moving with the ball.
- Body position low when performing the dribbling move to change direction
- Moves done at speed and under control

**Progressions:**

- Various dribbling moves



### 1v1's (15 mins)

**Organization:** 10x20yrd grids with mini goal in each. Groups of 4 players (2x def, 2x att)

**Instructions:** 1V1's. Red player passes into blue player and then closes them down and defends the goal. Blue player to try to beat defender and score by using dribbling moves practiced.

**Coaching Points:**

- Dribble at defender quickly and change direction to get away from them.
- Use dribbling moves (scissors,, fake etc).
- At speed.
- Be confident that you can beat defender

**Progressions:**

- 2v2s



### Conditioned Game - Numbers game (25 mins)

**Organization:** 20x30yrd field. 7 reds, 7 blues

**Instructions:** Players numbered 1-7 on each team. Coach calls out multiple numbers (e.g. 1,2,3). Players from each team run out in line with red marker and run back to goal, first team back gets possession of the ball and then attacks opponents goal.

**Coaching Points:**

- When to pass, when to dribble
- Attack space
- When to use moves to beat players

**Progressions:**

- 1v1's, 2v2s, 3v3s, 4v4s etc.



## Free play (20 mins)

Free Play

