



# Technical Training

**Category:** Technical: Coerver/Individual Skills  
**Difficulty:** Moderate

Matt Schiffer, Belchertown, United States of America  
Individual-Adult Member

## Description

U9 - U12

### Warmup

#### Dribbling Box

**Organization:** Set up a large grid with small grid in the middle. Every player has a ball.

**How to Play:** Dribble freely within the grid. Perform an attacking move near the small grid (red cones) and perform a change of direction near the perimeter (orange cones).

**Coaching Points:**

Keep ball and body under control.

Technique is most important. Speed will come.



### Skill Development

#### Dribbling Skills

**Organization:** 4 players per group. 2 balls. Set up 2 different colored cones.

**How to Play:** Balls start at orange cones. Both players dribble through the red cones at the same time. Important to keep ball close and under control to avoid other player. Start simple and progress to more complex moves and dribbling patterns. End game with races!

**Coaching Points:**

Focus on technique

Dribble with pace when comfortable



### Final Game

#### Small Sided Games

**Organization:** Multiple 3v3 games

**Coaching Points:**

Focus is beating defenders 1v1 & keeping possession

