



## GRP Curriculum: Dribbling and Changing Direction

**Category:** Functional: Striker  
**Difficulty:** Beginner

LJ Johnson, Gilbert, United States of America  
Individual-Young Member

### Warm Up/Physical literacy (10 mins)

#### Organization

- Players Line up in a single file line in the centre of a 20 x 20 square

#### Activity

- The players line up in a single file line in front of the coach
- The coach names the line either side as different football teams
- The coach will then run through some actions that the players have to perform on the shout
- Down - Touch the floor with one hand
- Up - Jump for a header call your name
- Right - Put your right hand up
- Left - Put your left hand up
- Spin - 180 turn
- On the call of the teams the players will sprint to that line and back
- Give the players 4-5 practices
- Make it competitive by last person back is out

#### Progression

- All calls are opposite

#### Progression

- Add the ball in with players doing different ball manipulations when in line.

#### Coaches Emphasis

- FUN
- Quick reactions



### Warm Up/Phys Lit (10 mins)

#### Organization

- All players in a 15 x 15 area
- Each player in possession of a ball

#### Activity

- Players dribble around the area manipulating the ball with different parts of the feet
- On the coaches call the players will demonstrate a particular ball manipulation technique
- To progress the coach will name/number the different sides of the area
- The players will now recat to the call of a name or number and will race to get to that spot and demonstrate the ball manipulation technique

#### Coaches Emphasis

- Use of different parts of the foot
- Changes of direction and speed
- Awareness
- FUN



## Ball Manipulation

### Organization

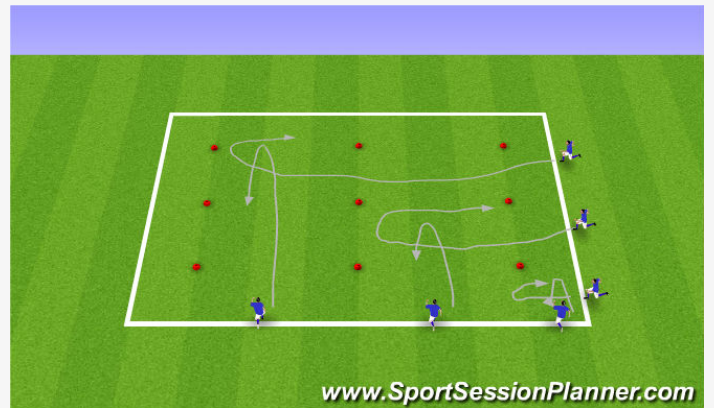
- 9 Cones Set out with each cone 5 yards apart
- Players will be split in to 6 groups
- 3 groups will work vertically
- 3 groups will work horizontally
- Players on ends and players in middle will work in tandem

### Activity

- Player one will dribble to the end line where they will perform a turn the coach has selected while also being aware of the player working from the other direction in order to avoid a collision.
- Player 2 and 3 from both horizontal and vertical will do the same
- Players will perform at their own station for 30 secs to a minute before being instructed by the coach to move to the next station.

### Progressions

- All progressions will be regarding adjusting the turn the players are to complete, adding a skills as the players dribble, working with different ball manipulations as they move through the zones.



## 2v2 SSG

### Organization

- Split the field in to 4 equal areas
- Split all players in to teams of 2

### Activity

- Players will compete 2v2 within the 4 spaces
- The players will score points by stopping the ball on their oppositions goal line
- Each game will last 2 teams rotate to a new player

### Coaches Emphasis

- 1v1 skills
- Ball manipulation skills
- Decision making skills

