

The skill zone

This session is designed to improve the dribbling ability and skill level of your players through a series of technical exercises and small-sided games.



What you tell your players the session is about

1. Improving dribbling techniques to accelerate and change direction.
2. Improving skills to beat defenders.
3. Enhancing a winning mentality.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm-up	The Ultimate Warm-up manual practice #5. Bib / cone react	Players on their toes to react quickly
The session	Cones, poles, mannequins	The players complete various dribbling exercises
Development	Four goals (can be cones), balls, bibs	The players are completing the exercises in a competitive environment
Game	Two goals, balls, bibs, cones	Players are expressing themselves and showing good skill levels
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Dribbling technique, turns, changing direction and speed, shooting

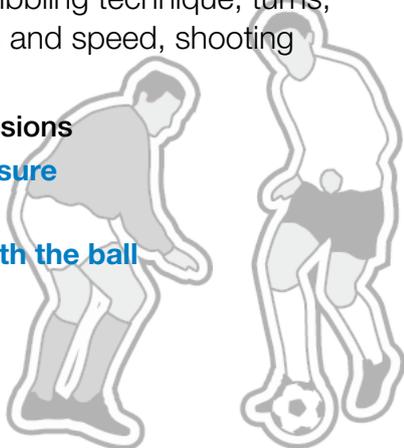
Team skills: n/a

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What to think about

When dribbling with the ball your players may have space and they must be able to pick up speed quickly to use this area.

However, when there is little space the players must be able to demonstrate quick feet, skills and turns to get past their opponent.





Set-up

- 25 x 25 yard area.



What you get your players to do

The circuit includes four different techniques that should be worked on for 2 minutes each.

1. Complete two turns inside the square to get to the opposite side.
2. Players must complete a skill on the mannequin.
3. Players must use quick feet to go diagonally through the crazy cones.
4. Players must accelerate and change direction across the area.

Four balls work at all times.



What to call out

- “Play at match speed.”
- “Have lots of touches on the ball.”
- “Get your head up and see where your going.”



Development

Four goals and four players play a game. Each player has three lives, if a goal is scored into a player's goal then he loses a life. The last player standing is declared the winner.

You can progress this game so that each player has a goalkeeper (diagram 3) this improves the ability to create space and shooting skills when under pressure.

The game is continuous and requires lots of footballs.



Game situation

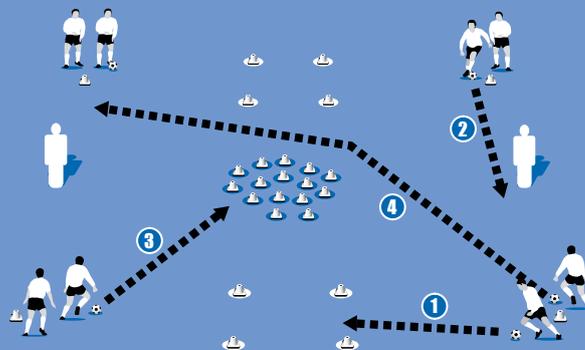
Play a man marking game.

Each player must man mark a player on the opposite team and that is the only player they can tackle.

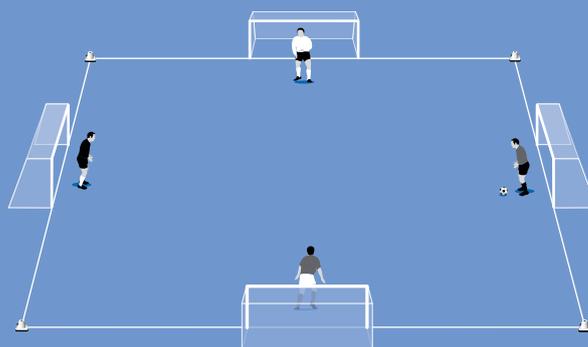
This will encourage lots of dribbling situations where the players can demonstrate their new skills.

The skill zone

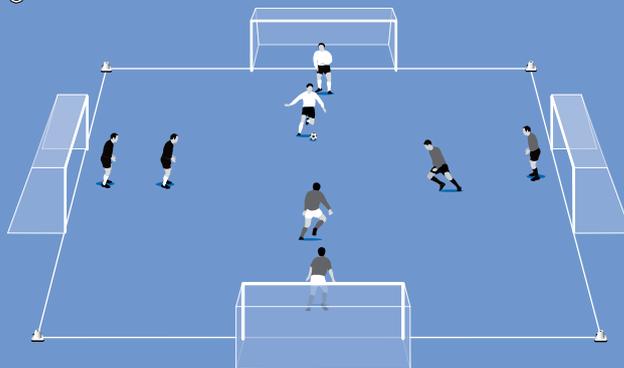
dribble →



The players work their way around the circuit.



1v1 multi-goal game. The players try to defend their own goal and score in their opponent's goal at the same time.



2v2 multi goals game. The players have a goalkeeper, but the goals are now bigger.