

Dribbling & ball mastery

U7-U9

Foundation phase

60 minutes

Session objective: Every player comfortable running with the ball under light pressure.

BLOCK	TIME	WHAT THEY DO	COACHING POINT
Arrival	10 min	Every player a ball, freestyle dribbling with called ball-mastery moves (toe taps, rolls)	Lots of touches, heads up when they can
Technical	15 min	1v1 dribbling through gates, score by dribbling through any gate	Change of speed after the beat
Skill game	15 min	Sharks and minnows across a grid	Protect the ball, use both feet
Small-sided	15 min	3v3 games, no keepers, multiple small pitches	Encourage dribbling, ask questions not lectures
Cool-down	5 min	Gentle jog and stretch, quick chat	Name one thing they did well

TOO EASY OR TOO HARD? ADAPT ON THE FLY WITH STEP

Space

Bigger area = easier to keep the ball. Smaller = harder, faster.

Task

Change the rules: touch limits, points for a run of passes.

Equipment

Change ball size, goal size, or number of balls in play.

Players

Add attackers to help possession, defenders to pressure it.