



# Lesson Plan Form

Name: UMYA Microsoccer Date: Week 1

Topic: Dribbling

## Key Coaching Points

### Technical warm-up

Dribble on own half of field - instruct players to

Keep Ball 2 - 3 feet in front of them. 5 mins

Introduce "toe taps" - make sure toes touch ball

Stop and Go - dribble in smaller area - have player

stop ball with one foot then either change directions  
or do toe taps (10 toe taps) 10 mins

### Small-sided activity

Dribble Through Gates SetUp a number of gates (2 cones)

and have players dribble through all of gates - do as a

race or even as a relay (10 mins)

### Expanded small-sided activity

none

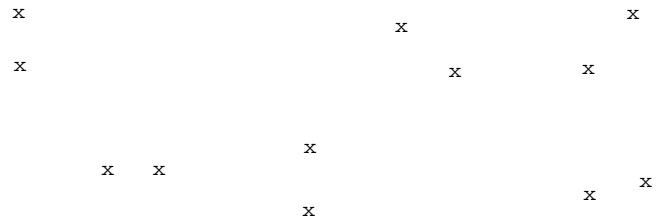
### Final game

Play other team

## Activity

Coaching points - don't use toes to dribble

Keep ball close to feet - no long touches



example gates setup

