



# Tulsa SC 'AGILITY' Sessions

**Category:** Technical: Dribbling and RWB  
**Skill:** U13

Pro-Club: Tulsa Soccer Club  
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## Description

### Dribble to change direction (10 mins)

**How:**

Player must dribble the ball around the markers in the path shown above and run through the gate to finish with the ball under control.

**When to start:**

On your own time or if parent with you on their command.

**When to finish the clock:**

The clock should stop when the ball has crossed through the finish gate.

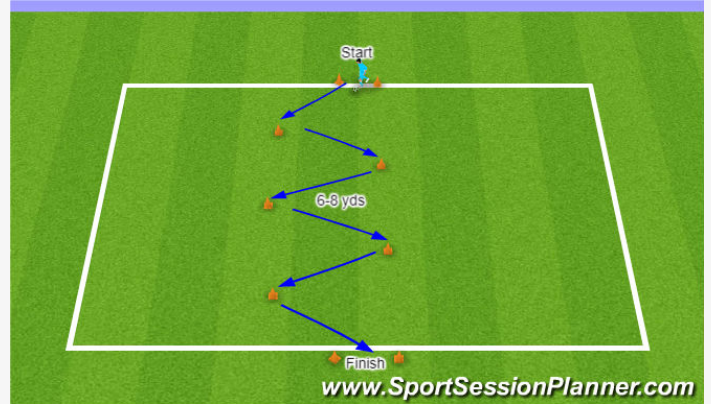
**WORKLOAD:**

6 runs with the ball at mid to high intensity

2 runs without the ball at high intensity

**DISTANCES:**

6-8 yards between each cone (lower for younger ages or higher distance if working with U16 and above)



### Change direction with speed (10 mins)

**How:**

Player must dribble the ball through the markers in the path shown above and run through the finish gate with the ball under control.

**When to start:**

When the coach/parent shouts 'GO!'

**When to finish the clock:**

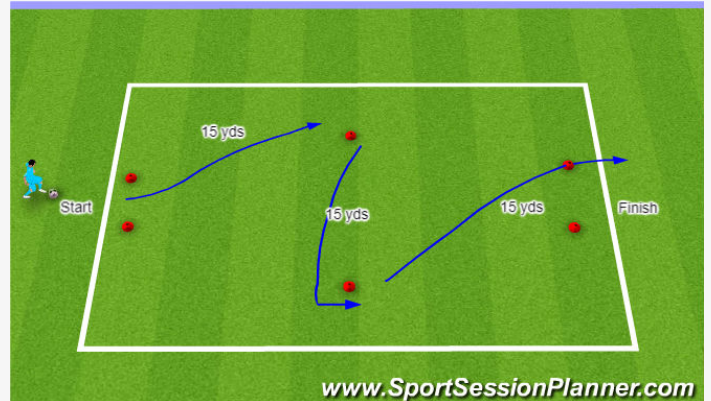
The coach should stop the clock when the ball goes past the finish gate as long as ball is under control.

**WORKLOADS:**

6 runs with the ball at mid to high intensity

2 runs without the ball at high intensity

**DISTANCES:** As per diagram



### Turning at pace (10 mins)

**How:** Whichever box the player starts in they must go to BOX 1 on the diagonal first and turn in that one before executing turns within the other two boxes and stopping the ball in the start/finish box. Allow players to go in any direction (left or right) after first box.

**When to start the clock:** On the coaches/parents command.

**When to finish the clock:** When the player enters the finish box and ball is stopped under control.

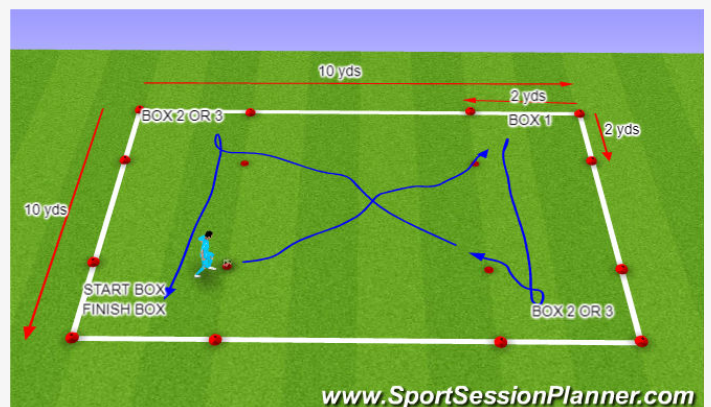
**Conditions:** The ball must cross the line of every turning box 1 2 & 3 before the player can turn and head for the next one. If a player fails to do this they will have to go again.

**WORKLOADS:**

6 runs with the ball at high intensity

2 runs without the ball at high intensity

**DISTANCES:** As per diagram



## T-shape runs (10 mins)

**How:** T-shape runs starting and ending from the start position.

**When to start:** On the parents/players command.

**When to finish the clock:** When the player crosses the final cone where they started from.

**Conditions:** Players must go around each cone or if not a 4 second penalty occurs.

**WORKLOADS:**

4 runs with the ball at high intensity (2 to the left/2 to the right)

4 runs without the ball at high intensity (2 to left/2 to the right)

**DISTANCES:** As per diagram.

