



Tip Tap Toe

Coaching Session Plan

Drill Name:	Tip Tap Toe
Objectives:	<ol style="list-style-type: none"> 1. Improve ball control. 2. Warm Up pre match and pre training.
Ages:	U6 to U10
Organisation:	<ul style="list-style-type: none"> • Grid min 10 x 10 (bigger for more and / or older players). • 1 ball per player
Activity:	<ol style="list-style-type: none"> 1. Keep ball in control in grid. 2. Avoid bumping into each other.
Coaching:	<ol style="list-style-type: none"> 1. Start using 1 foot only. 2. Use different parts of foot to move ball; inside, outside, sole. 3. Move to TIP TAP TOE (moving the ball between both feet as quick as possible). 4. Change direction. 5. Look up. 6. Smaller grid increases difficulty. Larger grid makes it easier.
Diagram:	<div> <div> <p>Start</p> </div> <div> <p>Progress with gates</p> </div> </div>
Progression:	<ol style="list-style-type: none"> 1. This is good as a warm up but can be easily progressed to a dribbling drill with line of discs or a turning drill with gates. 2. Progress without gates to allow players to keep control of their ball whilst kicking out other players ball. If your ball is kicked out dribble around grid once.
Other:	<ol style="list-style-type: none"> 1. If progress to players being allowed to kick out others balls with young players be aware of upset or stronger players dominating and intervene appropriately.