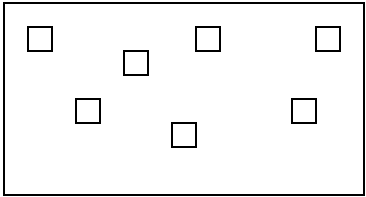
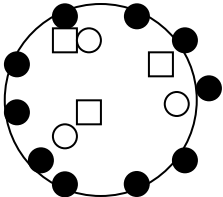
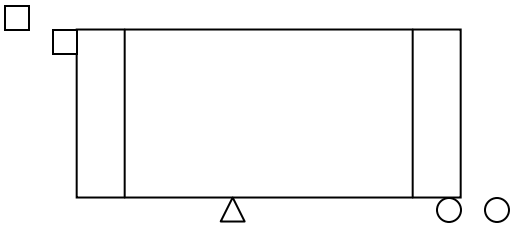
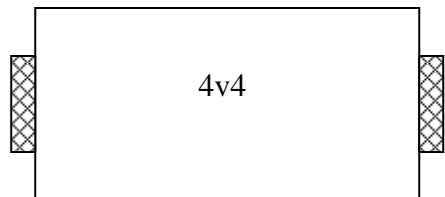




Name:

Topic: Dribbling – Beat an opponent

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone with a ball in 12-x-15 yard area – moving and dribbling</li> <li>On coaches command, players must do a move</li> <li>After doing a move players continue to dribble</li> </ul> <p><b>Progressions:</b> After doing a move, players must accelerate as fast as they can. Specify what moves they should do at first, then give them a chance to do whatever move they want or have them make up a move</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Body feint to throw defender off</li> <li>Change of direction</li> <li>Change of speed</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Five 2-3 yard goals spaced evenly on a circle</li> <li>Simultaneous games of 1v1 occur for 60 seconds</li> <li>Game begins with one player in possession of ball in circle</li> <li>Attacker attempts to score by dribbling ball and stopping it between a cone goal</li> <li>Switch roles after loss of possession</li> </ul> <p><b>Progressions:</b> After a goal is scored the same person turns around and tries to score again.</p>	<ul style="list-style-type: none"> <li>Head up to read game</li> <li>Body feint to throw defender off</li> <li>Change of direction</li> <li>Change of speed</li> <li>Decisive decisions – pick a move and do it</li> <li>Correct timing of move</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Two teams send out one player each to a 15-x-10 yard area with 2 yard deep end zones at each end</li> <li>Ball is served by coach, players try to get ball, beat opponent on dribble, and stop ball in end zone</li> <li>Switch roles after loss of possession</li> <li>New ball is served should ball leave area</li> <li>New pair after goal or 1 minute</li> <li>First team to score x goals wins</li> </ul> <p><b>Progressions:</b> Play 2v2 and 3v3.</p>	<ul style="list-style-type: none"> <li>Head up to read game</li> <li>Body feint to throw defender off</li> <li>Change of direction</li> <li>Change of speed</li> <li>Decisive decisions – pick a move and do it</li> <li>Correct timing of move</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> <li>Give points for goals and for an attacker beating a defender on the dribble in the attacking third of the field</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with dribbling to beat an opponent</li> </ul>