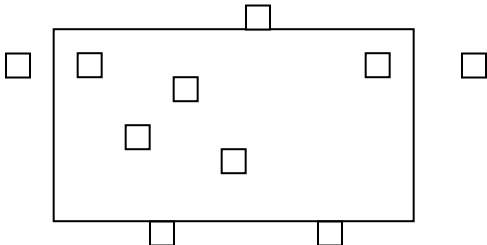
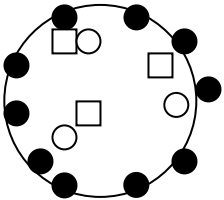
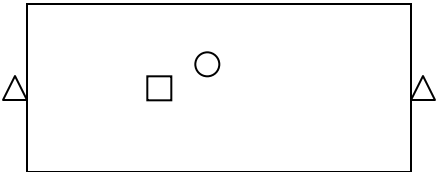
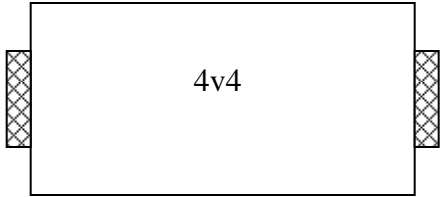




Name:

Topic: Dribbling – Beat an opponent

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Players find a buddy and a ball One buddy is on the inside of an area moving around, the other is standing on the outside Players on the inside check to a person, call for the ball, receive and turn, and then do a move Switch roles after 1 minute <p>Progressions: Players return ball to the person that passed it to them. Players find someone new to pass to. Accelerate after the move.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Body feint to throw defender off Change of direction Change of speed When players check back they should do so diagonally so it is easier to turn
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Five 2-3 yard goals spaced evenly on a circle Simultaneous games of 1v1 occur for 60 seconds Game begins with one player in possession of ball in circle Attacker attempts to score by dribbling ball and stopping it between a cone goal Switch roles after loss of possession <p>Progressions: After a goal is scored the same person turns around and tries to score again.</p>	<ul style="list-style-type: none"> Head up to read game Body feint to throw defender off Change of direction Change of speed Decisive decisions – pick a move and do it Correct timing of move
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 1v1+2 in a 20-x-10 yard area △ are neutral players Neutral starts by passing ball to a player, who must beat opponent and pass to other neutral Players get points each time they receive a pass from a neutral, then pass the ball to the other neutral Players switch roles after loss of possession – play for 1 minute <p>Progressions: Split up groups and play 2v2 and/or 3v3 in the middle instead of 1v1</p>	<ul style="list-style-type: none"> Head up to read game Body feint to throw defender off Change of direction Change of speed Decisive decisions – pick a move and do it Correct timing of move
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players Give points for goals and for an attacker beating a defender on the dribble in the attacking third of the field 	<ul style="list-style-type: none"> Observe to see if session has helped with dribbling to beat an opponent