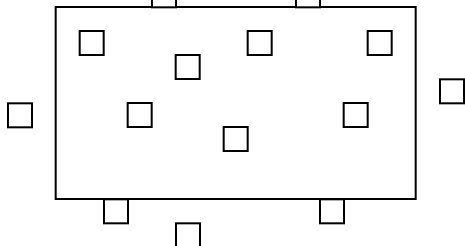
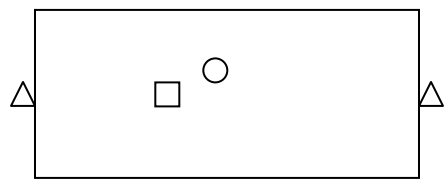
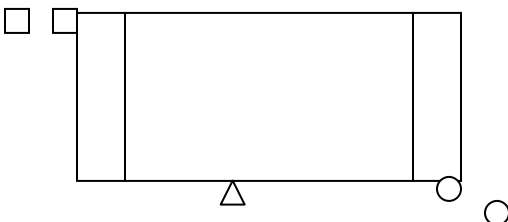
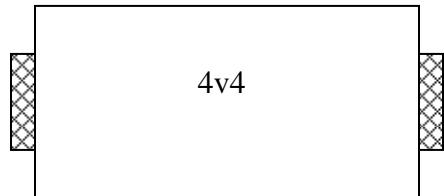




Name:

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 Progressions: Players return ball to the person that passed it to them. Players find someone new to pass to. Accelerate after the move. 	<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
<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 Progressions: The end people move inside and play 2v2. 	<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"> Two teams send out two players each to a 15-x-10 yard area with 2 yard deep end zones at each end Ball is served by coach, players try to get ball, beat opponent on dribble and stop ball in end zone Switch roles after loss of possession New ball is served should ball leave area New pair after goal or 1 minute First team to score x goals wins Progressions: Play 3v3 instead 	<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