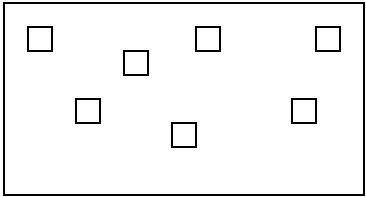
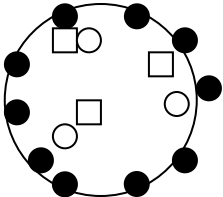
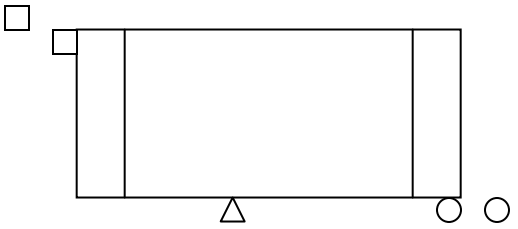
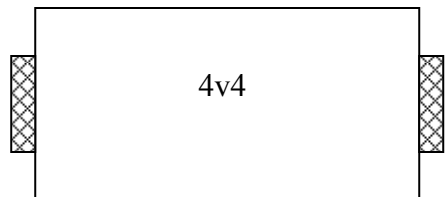




Name:

Topic: Dribbling – Beat an opponent

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone with a ball in 12-x-15 yard area – moving and dribbling On coaches command, players must do a move After doing a move players continue to dribble <p>Progressions: 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>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"> 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"> Two teams send out one player 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 <p>Progressions: Play 2v2 and 3v3.</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