

Topic: Dribbling – Beat an opponent Date:

ELIND AMENITAL MARKETS	ODG ANITATION	VEV COACUINO BOINTS
FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	Everyone with a ball in 12-x-15 yard area –	Head up to read game Pady faint to throw defender off
	moving and dribbling	Body feint to throw defender off Observe of dispertion
	 On coaches command, players must do a 	Change of direction
	move	Change of speed
	After doing a move players continue to	
	dribble	
	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	
MATCH RELATED ACTIVITY	or have them make up a move	■ Hood up to road gome
WATCH RELATED ACTIVITY	 Play 1v1 in a 25-x-15 yard area Goals are inactive players who stands with 	Head up to read gameBody feint to throw defender off
	feet apart holding a spare ball	Change of direction
	 A chaser is positioned behind each goal 	Change of direction Change of speed
	 Players score by shooting or passing ball 	 Decisive decisions – pick a move and do it
	through the opponent's inactive player's	Correct timing of move
	legs	- Correct tirming of move
	Play is continues for 60 seconds	
	Switch roles after 60 seconds	
	Progressions: Play 2v2 and/or 3v3 in the	
	middle instead of 1v1.	
MATCH RELATED ACTIVITY	■ Play 4v4 in a 35-x-25 yard area up to 7v7	 Head up to read game
MIXTOTI REEXTED ACTIVITY	in a 50-x-40 yard area	Body feint to throw defender off
	One restriction- players may not pass the	Change of direction
	ball forward	Change of speed
	Progressions: Give a point if a player can do	 Decisive decisions – pick a move and do it
4v4	a move and get behind someone, and a point	Correct timing of move
	to get the ball to the line. Remove the no	a contract animal grant and a contract and a contract animal grant and a contract
	forward pass restriction eventually.	
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MATOULOONE	Di 4.4	
MATCH CONDITION GAME	Play 4v4	Observe to see is session has helped with
	No restrictions on players	dribbling to beat an opponent
	Give points for goals and for an attacker besting a defender on the dribble in the	
	beating a defender on the dribble in the	
4v4	attacking third of the field	
4v4		