

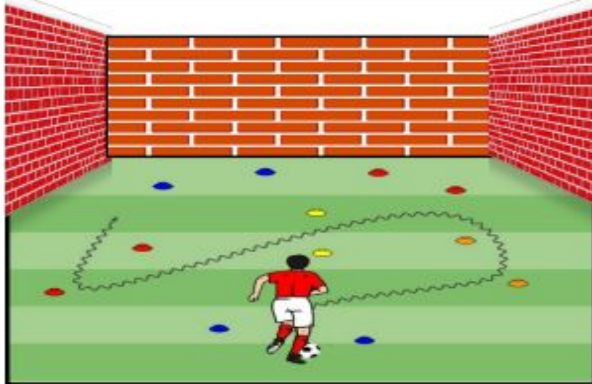


TESC RECREATION AT-HOME SESSION PLAN

TOPIC: DRIBBLING and STRIKING THE BALL

SKILL ACQUISITION: Dribbling: Head up, to move the ball forward use the laces portion of the foot, keep the ball close with small touches with your laces. Use the sole of the shoe to stop it. **PASSING** - Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through.

EXERCISE #1: GATE DRIBBLING



Objective: To improve the ability to strike the ball off the dribble.

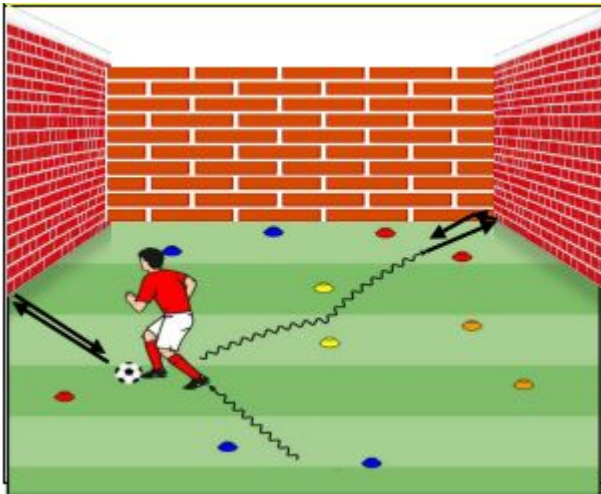
Equipment: 12 markers (Cones, Paper Plates, Cups,) a soccer ball.

Organization: Set up 6 gates as shown in the diagram. Start from the central gate and dribble through every gate performing the following tasks:

Tasks:

1. How long will it take you to go through all the gates?
2. Can you do it quicker?

EXERCISE #2: GATE PASSING



Objective: To improve the ability to strike the ball off the dribble.

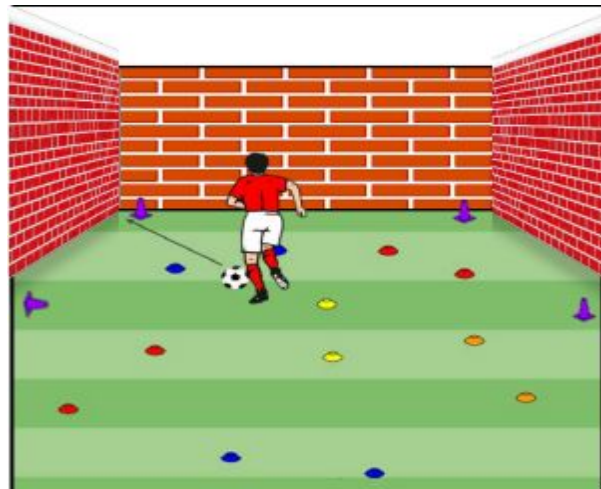
Equipment: 12 markers (Cones, Paper Plates, Cups,) a soccer ball.

Organization: Set up 6 gates as shown in the diagram. Start from the central gate and dribble the ball to each gate in front of the wall and strike the ball, receive it back and go to the next gate. Perform the following tasks.

Tasks:

1. Dribble and pass the ball once through the Red gates, then the Blue gate and then the Orange gate.
2. Dribble and pass the ball once through the Red gates, then the Blue gate and then the Orange gate.
3. Do it as quick as you can.

EXERCISE #3: KNOCK THE CONE DOWN



Objective: To improve the ability to strike the ball off the dribble.

Equipment: 12 markers (Cones, Paper Plates, Cups,) a soccer ball.

Organization: Set up 6 gates as shown in the diagram. Start from the central gate and dribble the ball to each gate with a target cone. Strike the ball to knock the cone down. Perform the following tasks:

Tasks:

1. How many strikes will it take you to knock down the cone at each gate?
2. Can you knock the cone down in two strikes?
3. Can you knock the cone down in one strike?