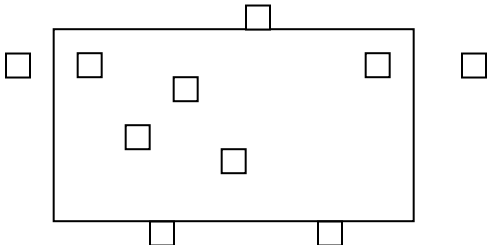
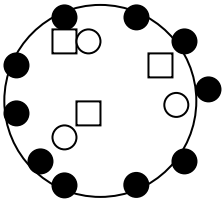
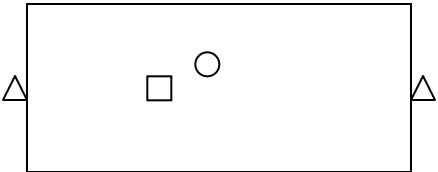
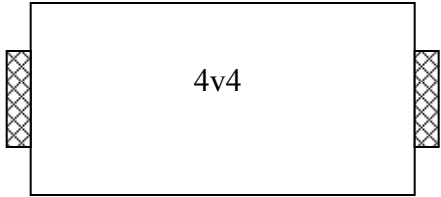




Name:

Topic: Dribbling – Beat an opponent

Date:

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