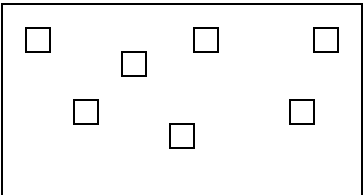
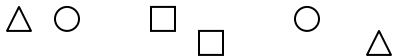
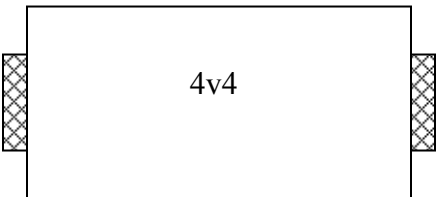
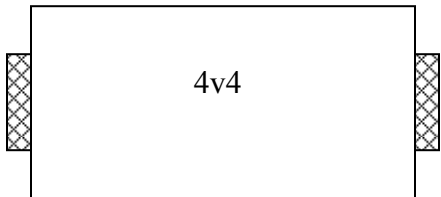




Name:

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"> Play 1v1 in a 25-x-15 yard area Goals are inactive players who stands with feet apart holding a spare ball A chaser is positioned behind each goal Players score by shooting or passing ball through the opponent's inactive player's legs Play is continues for 60 seconds Switch roles after 60 seconds <p>Progressions: Play 2v2 and/or 3v3 in the middle instead of 1v1.</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"> Play 4v4 in a 35-x-25 yard area up to 7v7 in a 50-x-40 yard area One restriction- players may not pass the ball forward <p>Progressions: Give a point if a player can do a move and get behind someone, and a point to get the ball to the line. Remove the no forward pass restriction eventually.</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 is session has helped with dribbling to beat an opponent