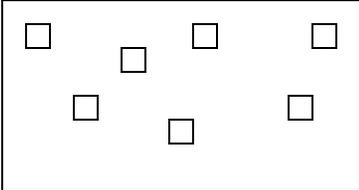
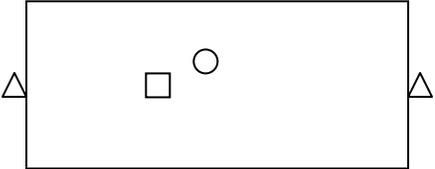
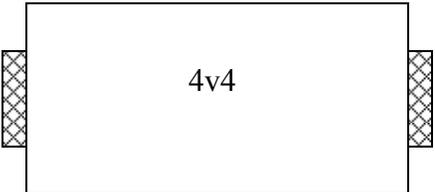




Name:

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+2 in a 20-x-10 yard area △ are neutral players Neutral starts by passing ball to a player, who must beat opponent and pass to other neutral Players get points each time they receive a pass from a neutral, then pass the ball to the other neutral Players switch roles after loss of possession – play for 1 minute <p>Progressions: Break up other games and play 2v2 in the middle. Have the target players move inside and have players score by dribbling across the opponent's end line.</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 Players score goals by dribbling the ball and stopping it on the other teams end line <p>Progressions: Add small cone goals. Switch which direction the teams are playing (instead of play north-south play east-west instead)</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