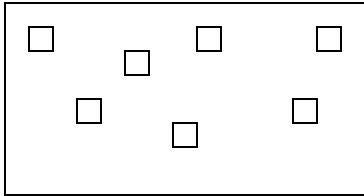
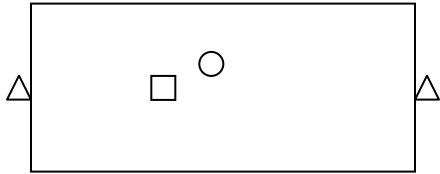
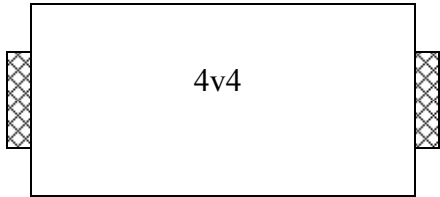
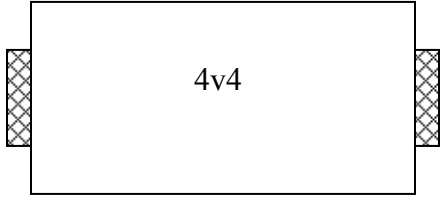




Name:

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>Everyone with a ball in 12-x-15 yard area – moving and dribbling</li> <li>On coaches command, players must do a move</li> <li>After doing a move players continue to dribble</li> </ul> <p><b>Progressions:</b> 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><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> </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> Break up other games so each game can have 2v2 in the middle.</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 4v4 in a 35-x-25 yard area up to 7v7 in a 50-x-40 yard area</li> <li>One restriction- players may not pass the ball forward</li> </ul> <p><b>Progressions:</b> 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"> <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>