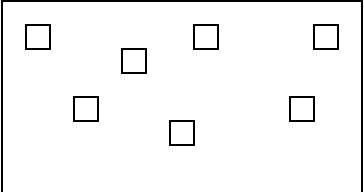
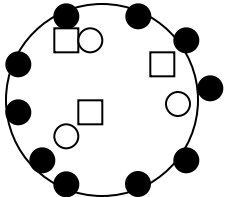
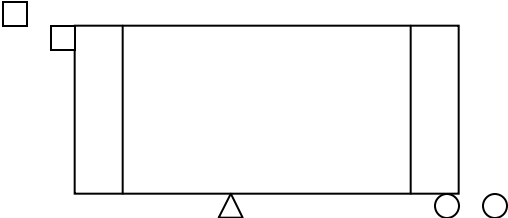
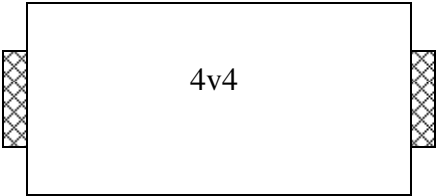




Name:

Topic: Dribbling – Beat an opponent 1

Date:

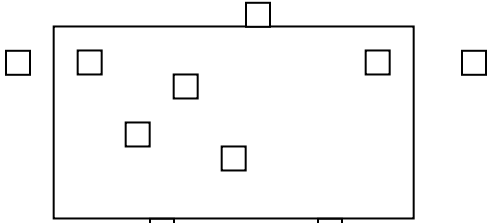
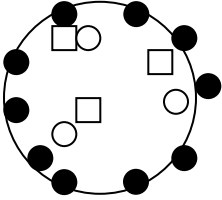
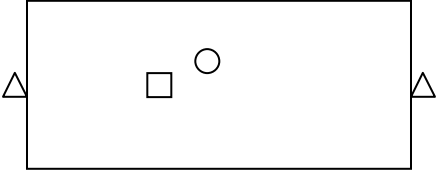
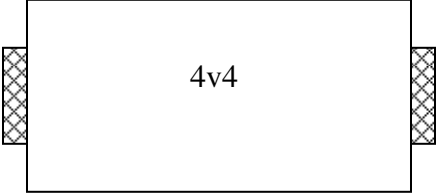
<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone with a ball in 12-x-15 yard area – moving and dribbling On coaches command, players must do a move After doing a move players continue to dribble <p>Progressions: After doing a move, players must accelerate 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"> Five 2-3 yard goals spaced evenly on a circle Simultaneous games of 1v1 occur for 60 seconds Game begins with one player in possession of ball in circle Attacker attempts to score by dribbling ball and stopping it between a cone goal Switch roles after loss of possession <p>Progressions: After a goal is scored the same person turns around and tries to score again.</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"> Two teams send out one player each to a 15-x-10 yard area with 2 yard deep end zones at each end Ball is served by coach, players try to get ball, beat opponent on dribble, and stop ball in end zone Switch roles after loss of possession New ball is served should ball leave area New pair after goal or 1 minute First team to score x goals wins <p>Progressions: Play 2v2 and 3v3.</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



Name:

Topic: Dribbling – Beat an opponent 2

Date:

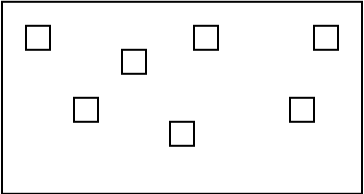
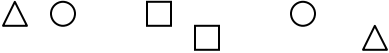
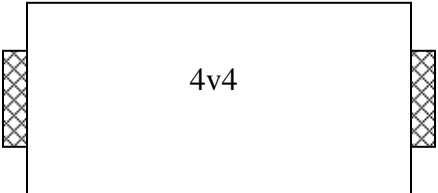
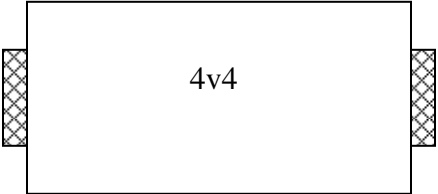
<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Players find a buddy and a ball One buddy is on the inside of an area moving around, the other is standing on the outside Players on the inside check to a person, call for the ball, receive and turn, and then do a move Switch roles after 1 minute <p>Progressions: Players return ball to the person that passed it to them. Players find someone new to pass to. Accelerate after the 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 When players check back they should do so diagonally so it is easier to turn
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Five 2-3 yard goals spaced evenly on a circle Simultaneous games of 1v1 occur for 60 seconds Game begins with one player in possession of ball in circle Attacker attempts to score by dribbling ball and stopping it between a cone goal Switch roles after loss of possession <p>Progressions: After a goal is scored the same person turns around and tries to score again.</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 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: Split up groups and 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 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



Name:

Topic: Dribbling – Beat an opponent 3

Date:

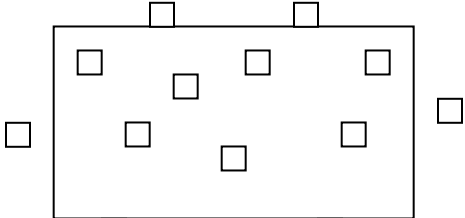
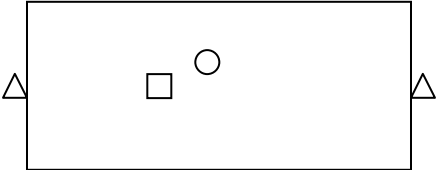
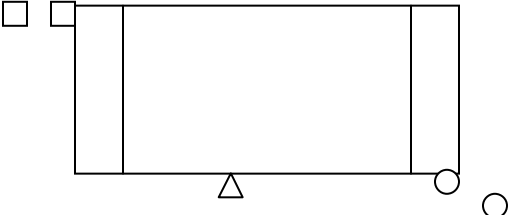
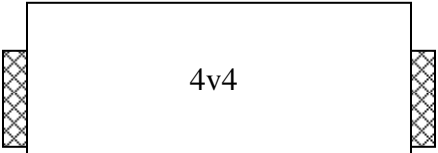
<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
	<ul style="list-style-type: none"> Everyone with a ball in 12-x-15 yard area – moving and dribbling On coaches command, players must do a move After doing a move players continue to dribble <p>Progressions: After doing a move, 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>	<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



Name:

Topic: Dribbling – Beat an opponent 4

Date:

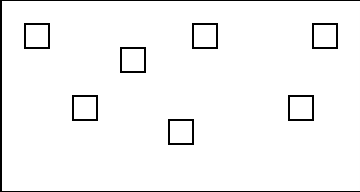
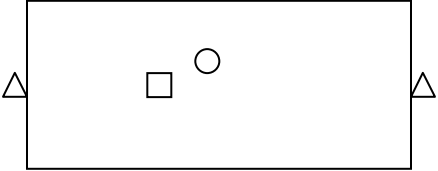

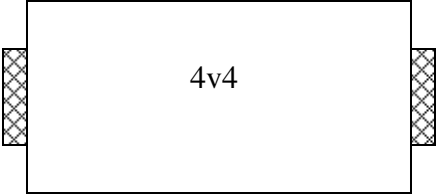
<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Players find a buddy and a ball One buddy is on the inside of an area moving around, the other is standing on the outside Players on the inside check to a person, call for the ball, receive and turn, and then do a move Switch roles after 1 minute Progressions: Players return ball to the person that passed it to them. Players find someone new to pass to. Accelerate after the move. 	<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 Progressions: The end people move inside and play 2v2. 	<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"> Two teams send out two players each to a 15-x-10 yard area with 2 yard deep end zones at each end Ball is served by coach, players try to get ball, beat opponent on dribble and stop ball in end zone Switch roles after loss of possession New ball is served should ball leave area New pair after goal or 1 minute First team to score x goals wins Progressions: Play 3v3 instead 	<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



Name:

Topic: Dribbling – Beat an opponent 5

Date:

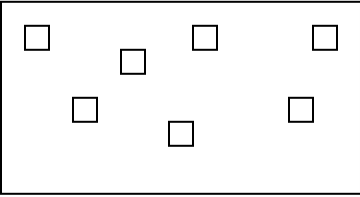
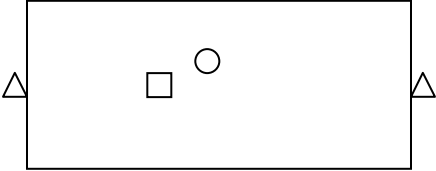
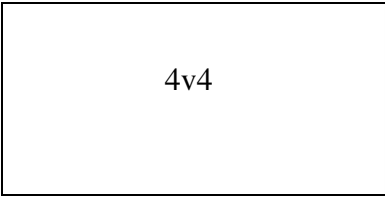
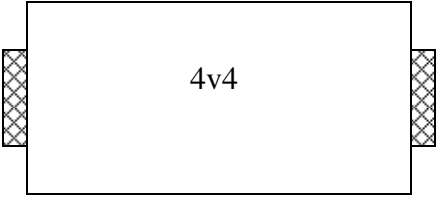
<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
	<ul style="list-style-type: none"> Everyone with a ball in 12-x-15 yard area – moving and dribbling On coaches command, players must do a move After doing a move players continue to dribble <p>Progressions: After doing a move, 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>	<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 so each game can have 2v2 in the middle.</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



Name:

Topic: Dribbling – Beat an opponent 6

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 is session has helped with dribbling to beat an opponent