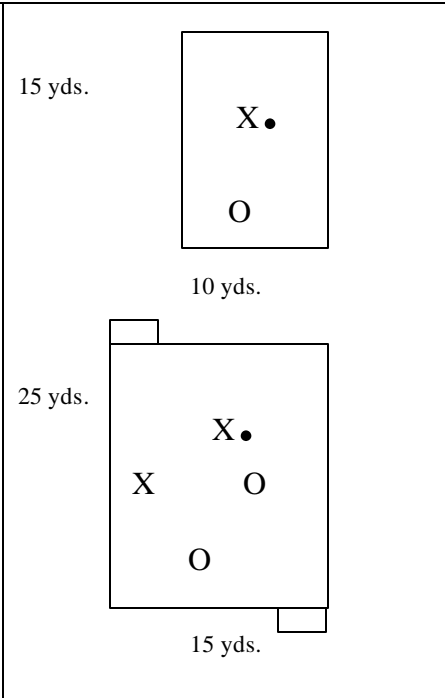
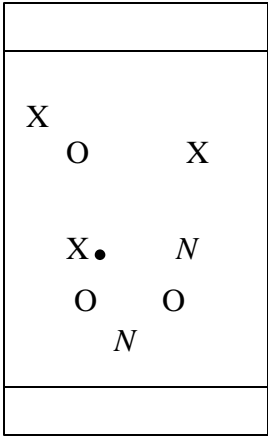
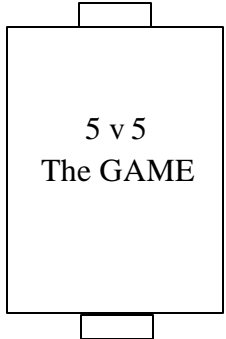


Topic: **Dribbling**

Organization	Variations	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Technical dribbling work, each player with a ball (define area if needed). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Keep it innovative, demanding and realistic.</li> <li>▪ Add disc cones as opposition in area.</li> <li>▪ Vary demands on the players. For example: right foot only, left foot only, turning, etc.</li> <li>▪ Implement Coerver exercises and moves.</li> </ul>	<p style="text-align: center;">X•</p> <p style="text-align: center;">X•</p>	<ul style="list-style-type: none"> <li>✓ Body mechanics and technique</li> <li>✓ Body shape, agility and balance</li> <li>✓ Contact surfaces of the foot</li> <li>✓ Change of speed and direction</li> </ul>
<b>Match Related 1</b>			
<p>1 v 1, 2 v 1 and 2 v 2 directional dribbling exercises (10 x 15 to 15 x 25 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Service begins with ball played by the closing defender.</li> <li>▪ Service can be varied on the ground or in the air based on ability.</li> <li>▪ Play is continuous until someone</li> <li>▪ Award points to the attacker for penetrating across the end line.</li> <li>▪ Award points to the defender for penetrating across the opposite end line.</li> <li>▪ Add small goals to corners and award 2 points to for penetrating through the small goals and 1 point for penetrating across the end line.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Role of the 1st and 2<sup>nd</sup> attacker</li> <li>✓ Deception and disguise</li> <li>✓ Setting up the defender</li> <li>✓ Protecting the ball</li> </ul>

Topic: **Dribbling**

<b>Match Related 2</b>			
<p>3 v 3 + 2 end zone game (20 x 30 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> <li>End zone soccer. Team in possession scores by penetrating across the opponent's end zone while maintaining possession.</li> <li>Once a team has penetrated the opponent's end zone, they transition immediately to attack the opposite end zone.</li> <li>Add a condition where players must dribble at an opponent or space before passing.</li> </ul>	<p>30 yds.</p>  <p>20 yds.</p>	<ul style="list-style-type: none"> <li>✓ Angles, distance and timing of supporting players</li> <li>✓ Awareness of space and time</li> <li>✓ Speed of thought and general decision making</li> <li>✓ Visual and verbal communication</li> </ul>
<b>Match Condition</b>			
<p>4 v 4 with goalkeepers to two large goals (30 x 50 area or as needed).</p>	<ul style="list-style-type: none"> <li>Maintain proper field space to encourage dribbling.</li> <li>No restrictions.</li> </ul>	<p>50 yds.</p>  <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Correct shape and balance of team</li> <li>✓ Tactical implications of technique</li> <li>✓ Creativity and instinctive play</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>