

Topic = Dribbling & Turning for Beginners

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Players have a ball each</li> <li>* They take the ball to the coach</li> <li>* Coach then throws the ball out asking the players back as quickly as possible</li> <li>* Give the players different tasks, like amount of touches, bouncing ball, different parts of the feet</li> <li>* Ball should not leave the area</li> </ul>	<ul style="list-style-type: none"> <li>* Problem Solving</li> <li>* Surface of the foot</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Players work in pairs with a ball each</li> <li>* The player in front is trying to dribble away from their opponent</li> <li>* If the opponent catches them they must tag them between the shoulder and the waist</li> <li>* The roles are the reversed</li> <li>* If a play makes the tag and does not have control of the ball the roles are not switched</li> <li>* If the leader dribbles out of the field they switch roles</li> </ul>	<ul style="list-style-type: none"> <li>* Keep head up looking for space</li> <li>* Accelerate into the space when it is open</li> <li>* Keep the ball moving but close when in tight spaces</li> <li>* Once the tag has been made, keep knees bent so player can turn and accelerate away quickly.</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Play 3v3 with no Goalkeepers</li> <li>* Place at least two balls into the area</li> <li>* Players score by dribbling the ball into the small goal</li> <li>* Coach makes sure there is always two or more balls in play</li> <li>* If a ball goes out of bounds the coach plays a new one in</li> <li>* When the coach has run out of extra balls the player collect them all and the game restarts</li> </ul>	<ul style="list-style-type: none"> <li>* Be positive in 1v1 situations</li> <li>* Add extra balls if bunching up occurs</li> </ul>
<p align="center"><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 4 V 4 Play with Sweeper- keepers</li> <li>* Regular soccer rules</li> </ul>	<p align="center"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>○ = Ball</li> <li>☺☹ = Players</li> <li>→ (dashed) = Run with out Ball</li> <li>→ (dotted) = Throw</li> <li>⚡ = Dribble</li> <li>👤 = Coach</li> <li>🏠 = Goal</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players slowly dribble around with a ball. Stretch</p>	