

Topic = Dribbling for Possession

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Place two players in a grid, one attacker starts with a ball</li> <li>* The players with the ball try's to keep the ball away from the defender</li> <li>* If the attacker player dribbles out of the grid or the defender wins possession the switch roles</li> <li>* Play for 60 seconds</li> <li>* Add dynamic stretching</li> </ul>	<ul style="list-style-type: none"> <li>* Keep the ball moving</li> <li>* Keep the ball at a distance from the defender</li> <li>* Encourage attacking player to be positive and face the defender.</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Players work in groups of 4. Two servers, one defender and an attacker</li> <li>* The attacker receives the ball from a server and attempts to turn and dribble into the other zone.</li> <li>* If they are successful they restart and the second server now plays a ball in.</li> <li>* If the defender wins it they become the attacking player and dribble into the zone from where the ball was played</li> <li>* The servers can not receive a pass back</li> </ul>	<ul style="list-style-type: none"> <li>* Quality of the service from the server</li> <li>* Keep the ball on the back foot away from the defender</li> <li>* Use the upper body to help shield the ball</li> <li>* Keep the ball close and moving</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Place the group into two equal teams</li> <li>* Teams go from one end of the grid to the other</li> <li>* The target players pass the ball in and they must possess the ball as a team/individually until they can reach the team-mate on the other-side</li> <li>* The player with the ball must do a take-over with the target player, whom the ball back into the playing area</li> <li>* Teams score a point each time they successfully go from one side of the grid to the other</li> </ul>	<ul style="list-style-type: none"> <li>* Engage the defender</li> <li>* Encourage targets players to move up and down the sidelines</li> <li>* Recognize when to possess and when to penetrate</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</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>-----▶ = Pass</li> <li>▨ = End Zones</li> <li>▨ = Goal</li> <li>⤴⤵ = Dribble</li> <li>⤴⤵⤴⤵ = Run with ball</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players slowly dribble around with a ball. Stretch</p>	