



Name: Dan Dolan

Theme: Dribbling

Date: 9/ 13/07

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> - Each player with a ball - Players dribble within 20 x 30 area - Have players use different parts of feet to dribble (inside, outside, laces) - Show a couple moves (cut, scissors, step over etc.) <p>Variations: Score by stopping ball on end line. Must use a move before you score. Give extra points for using moves. Set up small goals on each end line.</p>	<ul style="list-style-type: none"> - Foot touches ball every time they put their foot down (keeps control) - Knee and chest over the ball - Head up <ul style="list-style-type: none"> - Basics of dribbling (knee, chest over ball, foot always touching the ball) - Attack the defenders lead foot and try to turn them - Can they accelerate after they pull a move (Change of pace) - Show how to cut behind the defender after they accelerate by.
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> - Mark out 2-3 fields depending on numbers - Play 2v1, 2v2, 3v2, and 3v3 - Score by stopping ball on end line <p>Variations: Play to small goals (must dribble through them). Place with end zones at the end of grids, players must dribble to end zone for a goal. Use a 'Plus player'.</p>	<ul style="list-style-type: none"> - Vision - Look to penetrate - Attack players front foot - Control - Encourage creativity (moves) - Change of pace - Get behind defender
<p>MATCH CONDITION GAME</p>	<ul style="list-style-type: none"> - Play 4v4 or 6v6 using keepers - Make sure to rotate players on the field 	<ul style="list-style-type: none"> - Observe and see if your session has improved players dribbling skills. <ul style="list-style-type: none"> - Use this time to praise those who are dribbling the correct way and are using what you taught them during the session.