



Name: **Dan Dolan**

Topic: **Dribbling**

Date: **10/5/07**

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
MATCH RELATED ACTIVITY	<p>-Have a big grid of about 35 x 25 yards. Each player has a ball and dribble through and around multiple gates laid out.</p> <p><b>Progressions:</b> Must use a move before entering a gate. Only use R or L foot or a certain part of foot. How many gates can they go through in 45 sec.?</p>	<ul style="list-style-type: none"> <li>-Vision, head up</li> <li>-Ball control</li> <li>-Correct technique</li> <li>-Change direction and speed</li> </ul>
MATCH RELATED ACTIVITY	<p>-Everyone with a ball except three players in same grid as above. Make out 3 or 4 small 2 x 2 safe zones scattered throughout the area. Two people are defenders and try to tag people who are dribbling. You can not be tagged if you're in safe zone but only one player per safe zone. See who gets tagged the least.</p> <p><b>Variations:</b> If tagged you become a defender. If tagged you must wait for an attacker to go through your legs to become free. Limit zones to 10 sec.</p>	<ul style="list-style-type: none"> <li>-Vision, head up</li> <li>-Push the ball don't kick it</li> <li>-Technique</li> <li>-Creativity</li> <li>-Change in direction and speed mostly when under pressure.</li> <li>-Find space to dribble into</li> </ul>
MATCH RELATED ACTIVITY	<p>-Several 10 x 15 grids and play 1v1 to end zones. Score point by stopping ball in zone. Switch players every minute or so.</p> <p><b>Progressions:</b> Play 4v4 but defender must mark a player from other team.</p>	<ul style="list-style-type: none"> <li>-Vision</li> <li>-Technique</li> <li>-Change in speed and direction</li> <li>-Go at defenders front foot and try to turn them</li> <li>-Cut in behind the defender after you pass them</li> <li>-Be creative, use moves</li> <li>-Players without the ball try and create space for the dribbler or get into a supporting position to receive ball.</li> </ul>
MATCH CONDITION GAME	<p>Play 6v6 with keepers.</p>	<ul style="list-style-type: none"> <li>-Are players more confident on the ball?</li> <li>-Dribble with speed and be creative.</li> <li>-Has the session help improve their dribbling?</li> </ul>