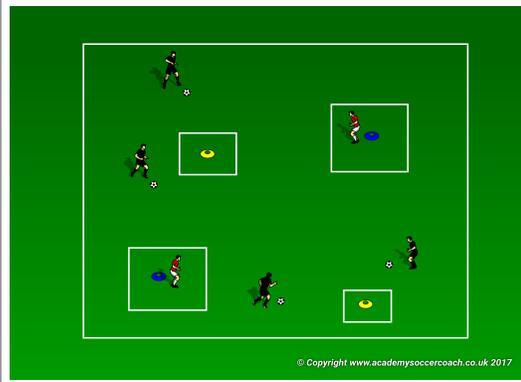


Topic: Dribbling

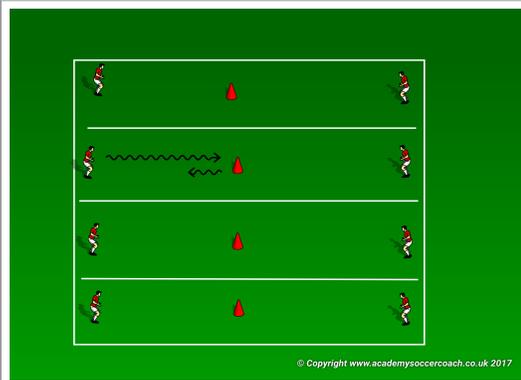
Objective: Technical: Running with ball, dribbling and feints, shooting technique, ball control/mastery, turns. Motor: running, coordination, jumping

Session Part: Initial Game



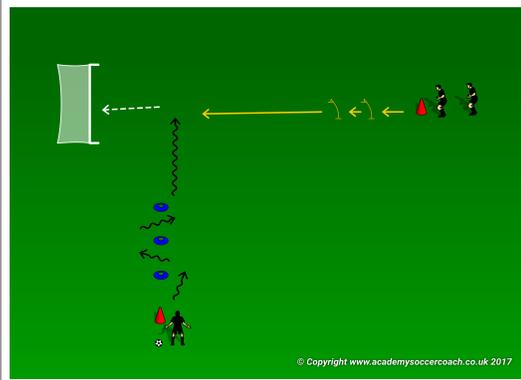
Organization		Time:
Area:		20x20
Numbers:		All Players
<p>The fisherman Black players are the fish and they dribble their ball. In the field there are 2 blue zones where the fisherman live. On the coach's call, the fisherman come out of their zones to catch fish by kicking their ball out of the area. The fish can find shelter in the yellow areas (safe zone), but only for 5s.</p>		
Progressions		Coaching Points
Begin playing without a ball then quickly introduce Change fisherman often		Players need to get body between ball and defender to protect it Where to dribble? Close control

Session Part: Technical Fundamentals



Organization		Time:
Area:		8x12 channels
Numbers:		All players
Each player stands opposite a tall cone with a ball each. They dribble towards the tall cone perform a turn before it and dribble back 1= drag back 2- cruyff turn 3= outside hook		
Progressions		Coaching Points
		Close control Slow into cone, fast away

Session Part: Technical Game



Organization		Time:
Area:		
Numbers:		All players split into lines
One player will dribble the ball through the cones and stop it in front of the goal, another players will jump over 2 cones then shoot ball into goal. Players swap lines		
Progressions		Coaching Points
(b) players dribble ball with both feet (c) players dribble the ball using the soles		Shooting technique Dribbling the ball with control and stopping it

Session Part: Festival Games



Organization		Time:
Area:		Full field
Numbers:		Teams of 3/4
Split your team up into red and blue teams and let them play 3v3/4v4. On signal one team stays and one rotates		
Progressions		Coaching Points
		When ball goes out play new one in from middle Encourage dribbling skills