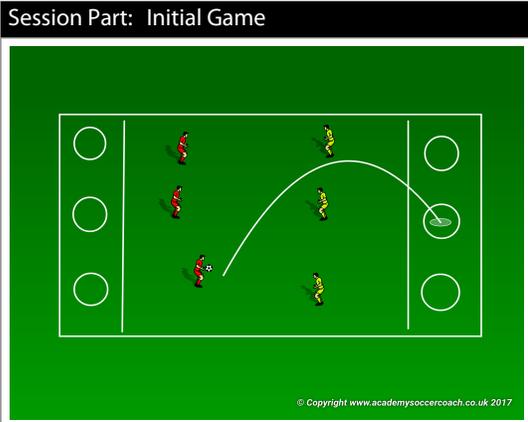
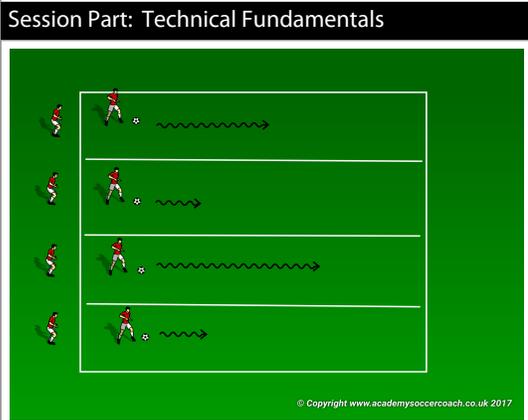


Topic: Dribbling

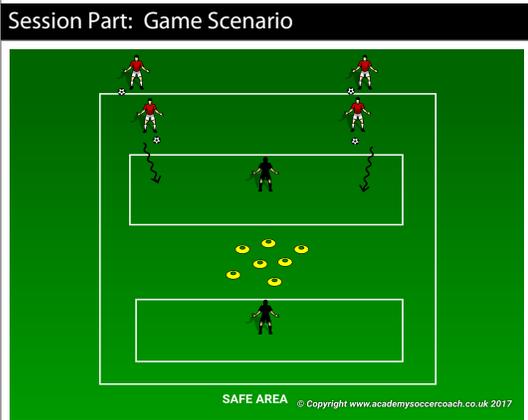
Objective: Technical: dribbling under control, 1v1 moves, 1v1 play, running with ball, stopping ball, Motor: running, quickness, catching, throwing.



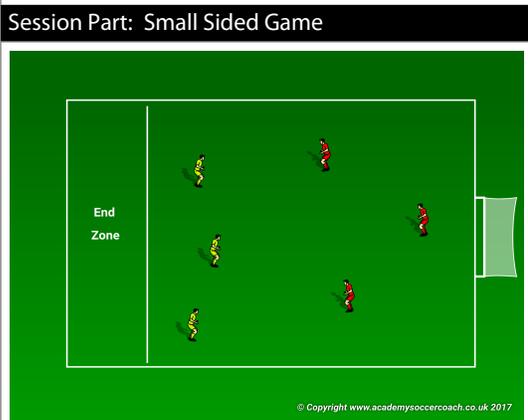
Organization		Time:
Area:	20x15	10-15
Numbers:	All Players	
2 end zones with rings (coned circles) inside them. 2 teams play 3v3/4v4 and aim to throw the ball into one of the circles in the end zone to score. Players are not allowed in the end zone.		
Progressions		Coaching Points
		Encourage players to work together as a team Awareness and running into space



Organization		Time:
Area:	12x8 channels	10-15
Numbers:	Groups of 2	
Players dribble across the channel performing the determined move every 3-4 touches. 1= ronaldo chop. 2= iniesta. 3= maradona.		
Progressions		Coaching Points
		Slow down before move, fast out of it Take time to perform the move correctly



Organization		Time:
Area:	15x20	10-15
Numbers:	All Players	
Pirates and Guards In the center of the area is treasure (cones). There is one guard (black player) in each of the zones shown. Pirates (players with the ball) try and dribble through the first zone, grab some treasure, dribble through the second zone and to safety. If you make it to safety go back to the start and try again. Guards try to prevent this by trying to kick the ball out of the zones (if they do pirate goes back to start).		
Progressions		Coaching Points
Change players roles often	Encourage creativity from pirates when dribbling past guards Close control Change direction and go around guards	



Organization		Time:
Area:	15x20	10-15
Numbers:	2 teams	
End zone and goal game. One team scores by getting the ball into the goal, the other scores by dribbling and stopping the ball in the end zone. Play 5-8 minutes and swap roles.		
Progressions		Coaching Points
		Encourage players to take each other on Encourage use of dribbling skills learnt