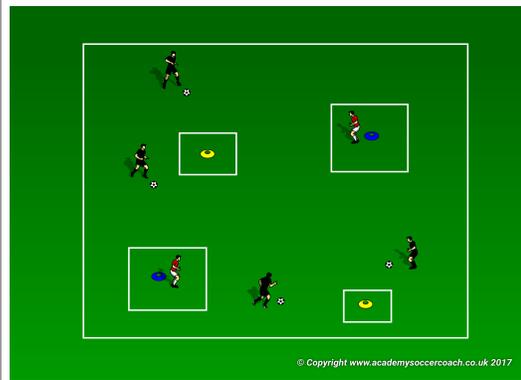


Topic: Dribbling and Turning

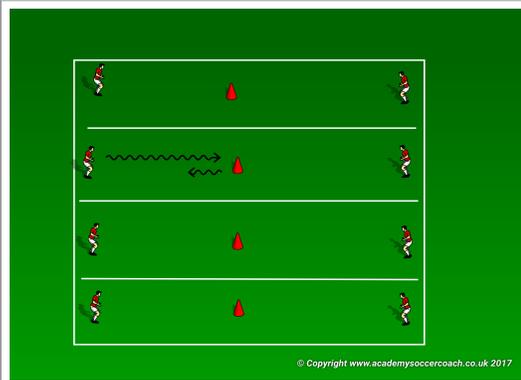
Objective: Technical: dribbling ball, running with ball, turns, 1v1 moves, stopping ball. Motor: Reacting, running.

Session Part: Initial Game



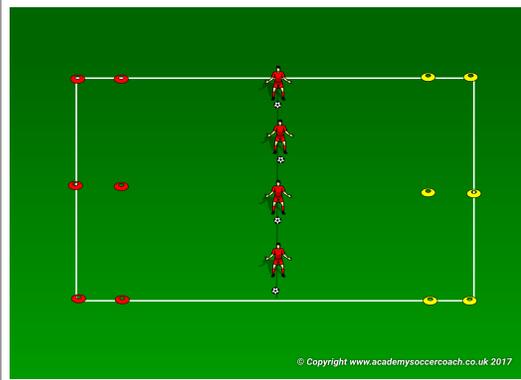
Organization	Time:
Area: 20x20	10-15
Numbers: All Players	
The fisherman Black players are the fish and they dribble their ball. In the field there are 2 blue zones where the fisherman live. On the coach's call, the fisherman come out of their zones to catch fish by kicking their ball out of the area. The fish can find shelter in the yellow areas (safe zone), but only for 5s.	
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



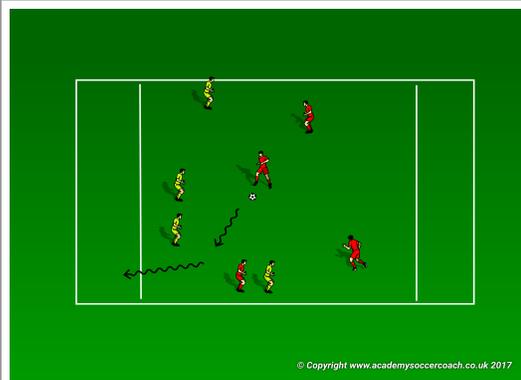
Organization	Time:
Area: 12x8 channels	10-15
Numbers: All Players	
Players dribble out, take 3-4 touches and perform a 1v1 move, then turn at the cone and dribble back to start. 1= scissor and drag back. 2= chop and cruyff. 3= double scissor and outside hook. 4= their own combination.	
Progressions	Coaching Points
	Close control Execution of skills Change of speed

Session Part: Technical Game



Organization	Time:
Area: 20x15	10-15
Numbers: All Players	
Reactive Turning All players begin on the middle line with a ball each. Coach calls out color 'red/yellow'. Players have to dribble into that zone, perform a turn and dribble back to middle.	
Progressions	Coaching Points
B) red zone = left foot turn, yellow = right foot turn C) Opposites red=yellow, yellow=red D) make into competition. Last player back performs toe taps for duration of next race	Dribbling under control Good turns Fast away Stopping ball with sole

Session Part: Final Game



Organization	Time:
Area: 30x20	10-15
Numbers: 2 teams	
4v4 with end zones. Players play a game where they score by dribbling the ball through the end zone.	
Progressions	Coaching Points
b) a goal is scored only when the ball is stopped in the end zone	Encourage players to use dribbling skills learned Have ball under control to stop it