

Topic: Dribbling to Keep Possession

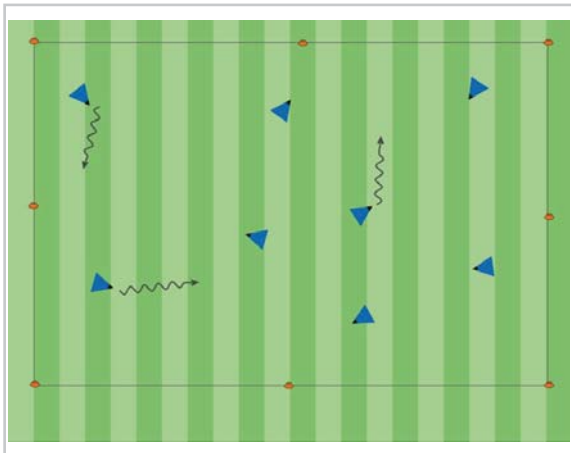
Objective: To dribble while keep the ball away from your opponent on an individual scale

Player Actions: dribble, defend



Initial Play Phase - 10-12 minutes

Look at the back of this sheet or the email from the 1st week for clarification - this is an important phase to get the players in the mode for training.



Objective: To dribble - introduce stopping the ball with the bottom of the foot (sole)

Organization:

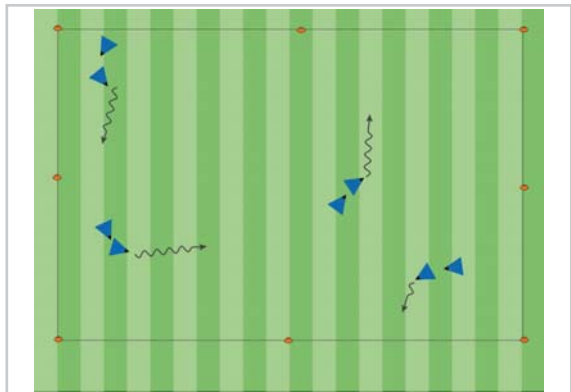
In your half, "dribble however you would like"

"what part of the feet can we dribble with" - Have them explore all parts of both feet.

Add after a few minutes - take away a ball from 2 of the players and have them steal a ball. If you don't have one, get one. If you do, get it.

Coaching Points/Guided Questions

As part of the open dribbling (without ball stealers), introduce stopping the ball with the sole. You can ask, "what is a good part of the foot to stop the ball with" - when they respond say, "try it". Go through as many parts as you need to get them to understand the bottom is a good place. Take time to explore ALL parts of BOTH feet... especially the bottom today!



Objective: To keep the ball from your opponent

Organization:

Partner up in your own half the field - one partner with a ball

Give them 1 minute - whoever has the ball at the end of the minute wins

Change partners - You can partner up by wins to keep them engaged in competition

Coaching Points/Guided Questions

Keep you between the ball and the opponent

"Shielding" technique - Stand with closest foot to opponent on the ground and other foot on top of the ball farther away from opponent - Teach this to "shield" the ball



Objective: To keep your ball

Organization:

In your half - All players with a ball minus two players

Two players are "it" - they try to win the ball - if they do, they get to try and score

All other players try to dribble to as many "bases" (triangles in picture) as they can in a time limit

If you get your ball stolen, you have to go get another ball to keep scoring again

Coaching Points/Guided Questions

Shield the ball

Dribble with laces (pinky toe) to dribble fast

How do you know where the defender is? Head up

Final Phase

Play 3v3 or 4v4 to two goals

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4 9v9 11v11

Moment: Win we have the ball

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