

Topic: Dribbling to Turn

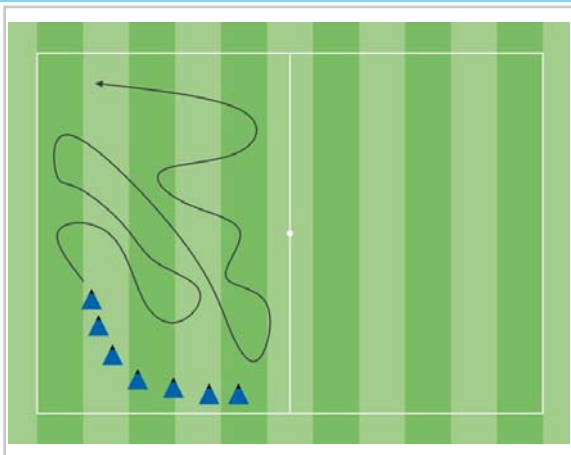
Objective: To dribble and change directions quickly

Player Actions: dribble



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.



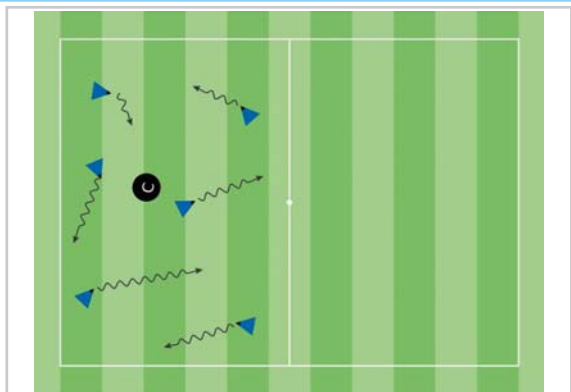
Objective: To dribble and change direction

Organization:

In your half, every player with a ball - coach starts at the head of the snake "do what I do" - have players mimic you dribbling with all parts of both feet Dribble with inside, outside, top (laces), bottom (sole), right foot only, left foot only, etc. Have them turn quickly with the inside and outside of the foot Once coach has gone - have different players take turns at being the front of the snake

Coaching Points/Guided Questions

How can you make sure you keep your ball close? small touches
How do you know what I am doing? Look up while dribbling



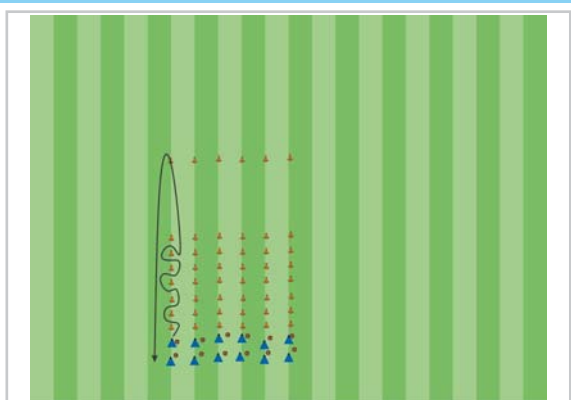
Objective: Change direction with pressure

Organization:

On your half, all players with a ball - coach does not have one Players try to keep their ball on the field - coach tries to kick it out If coach kicks it out, player comes back in with ball and head and legs spread Teammate can unfreeze if they pass it through their legs Coach tries to get all players frozen, but really focus on going at a player and requiring them to turn

Coaching Points/Guided Questions

What can you do if the coach comes at you? Turn and go the other way
Can someone show me how they would turn and go find space?
How do you know where the coach is? Keep head up



Objective: To change direction at speed

Organization:

Relay race - setup cones a few feet apart and lines of 3 or 4 players When coach yells go - players dribble through cones, turn around at the end and come back First team back, wins Have them try different challenges (left foot only, right foot, inside, outside, sole, etc.)

Coaching Points/Guided Questions

Can you keep it close?
Can you turn then go fast?

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 7v7 9v9 11v11

Moment: When dribbling

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