



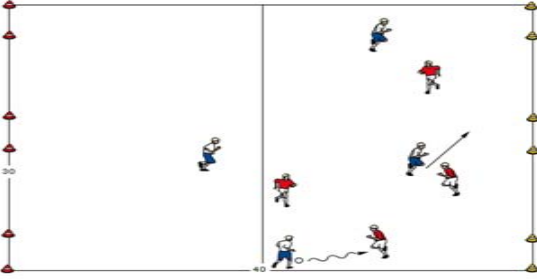
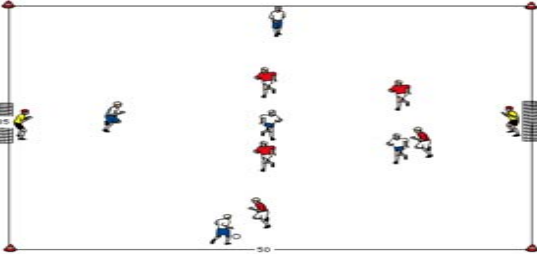


# North Carolina Youth Soccer Association



Name: NCYSA State Instructional Staff

Topic: How & When to Dribble

<p><b>TECHNICAL WARM UP</b></p> 	<p><b>ORGANIZATION</b>  <b><u>Dribbling – Gate Game</u></b>          -Every player has a ball          -Encourage players to dribble through gates (time)  <i>Progressions</i>          1. Use left/right foot          2. Different Surfaces of Foot (sole/inside/outside)  <i>Changes of Direction/Speed Through Gates:</i>          1. Outside Foot/Inside Foot          2. Step Over (right/left)          Allow players to be creative – try new moves</p>	<p><b>KEY COACHING POINTS</b>  <b><u>HOW</u></b>          Head Up - Awareness          Contact Surface of foot          Body Mechanics – Agility and Balance          Change of Direction and Speed          Deception</p>
<p><b>SMALL NUMBER ACTIVITIES</b></p> 	<p><b><u>1 v 1 Dribbling Gate Game</u></b>          -Play 1v1 for 1 min (switch players)          -Score a point by dribbling through a gate    <i>Progression</i>  <b><u>2 v 2 Dribbling Gate Game</u></b>          (Max. two groups per grid of 25 x 20)          -Play 2 v 2 for 1 min (switch opponents)          -Have three groups (4 players) in diff colors</p>	<p><b><u>WHEN</u></b>          Setting Up Defender          Protecting the Ball          Tactical Application to Game          -Awareness of Space/Gates/Teammates/Opponents</p>
<p><b>SMALL SIDED GAMES - DIRECTIONAL</b></p> 	<p><b><u>4 v 4 – Six Goal Game</u></b>          -If team scores keep possession and attack opposite end          -Utilize all players (neutral, transition another team on etc)    <i>Progressions</i>          -3 of 4 players must be in attacking half to score</p>	<p><b><u>WHERE</u></b>          Tactical Application to Game          -Risk v Safety – position on field          -Awareness of Space/Teammates/Opponents            Technical Execution          -Change of Speed and Direction          -Deception          -Contact surface</p>
<p><b>EXPANDED SMALL SIDED GAME (6 V 6)</b></p> 	<p><b><u>Game: 5 v 5 + GK</u></b>  <i>Possible Rewards for Game?</i>          -If you can beat an opponent and score = 2 goals</p>	<p>Correct shape of team          Decision to penetrate from dribble          Speed of Play</p>
<p><b>COOL DOWN</b></p>	<p>Players jog and stretch at end of practice</p>	<p>Focus on major muscle groups</p>



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