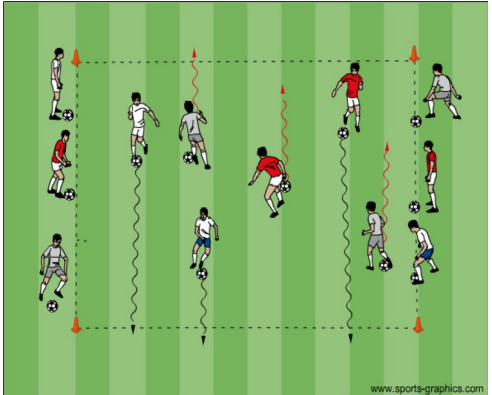

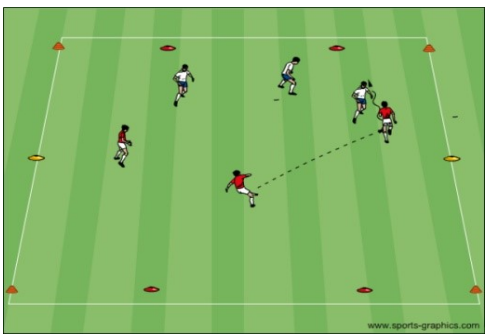



PLAY — PRACTICE — PLAY

“Individual Defending”

**Dribbling move
Step Over**

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
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	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<p>#1 15 mins</p>	<p><u>Keep The Head Up:</u> Divide your players into 4 groups and have each group start on a side of the 20x25 yard grid. On the coaches command the two groups opposite each other dribble to the other group’s side. Keep your head up. Repeat for the other two groups. Coach: You can give them different restrictions each time (left foot, right foot, outside of the foot)</p>		<ul style="list-style-type: none"> • Keep your head up • Change direction while dribbling • Change speeds • Keep the ball close to you • Have them all go at the same time.
<p>#2 15 mins</p>	<p><u>1v1 to Two Small Goals:</u> In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of his/her score.</p>		<ul style="list-style-type: none"> • Take a “peek” and know what your options are • Execute a feint to unbalance the defender and dribble past them with a burst of speed • Encourage player to be creative with the ball at their feet
<p>#3 15 mins</p>	<p><u>3v3 to End Zones:</u> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach shall encourage players to recognize opportunities to burst into space under control.</p>		<ul style="list-style-type: none"> • Work together to score • Verbal & visual communication • Use support players to make attacking decisions • Encourage players to be creative and take risks near the end zone.
<p>PLAY 25 mins</p>	<p><u>Small Sided Games</u> 7v7 small sided game.</p>		<p>Let them play</p>

5 Elements

Organized-set up and ready to go
Game like-activity must be game like
Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged
Coaching-the right coaching based on the age/level of the players