
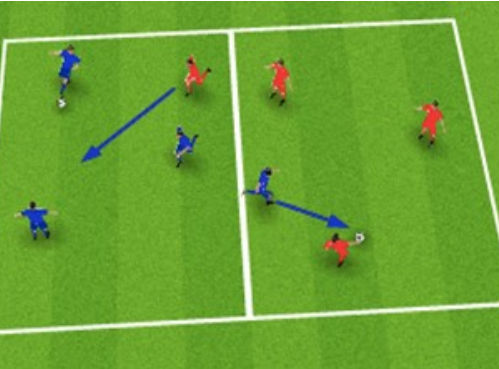
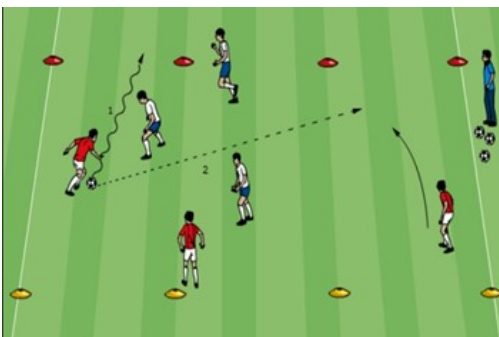



**PLAY — PRACTICE — PLAY**

**“Dribbling & Keeping Possession”**

**Dribbling move**  
scissors

<p><b>PLAY</b> 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p><b>Equipment:</b> pinnies, 8 cones</p>
<p><b>Activity Description</b></p>		<p><b>Set Up Diagram</b></p>	<p><b>Coaching Points</b></p>
<p><b>#1</b> 15 mins</p>	<p><b><u>Dribble/Pass by Numbers:</u></b> Divide the team into two groups &amp; give each group different color pinnies. Each player in the group gets a different number(1,2,3) #1 in each group begins dribbling and on the coaches command dribbles the ball to player #2 in their group and leaves the ball for that player. Keep exchanging the ball in sequence on the coaches command.</p>		<ul style="list-style-type: none"> <li>-Communicate with your group</li> <li>-Head up to avoid other players and find your players</li> <li>-Change speeds</li> <li>-Use different parts of the foot to dribble</li> </ul>
<p><b>#2</b> 15 mins</p>	<p><b><u>Numbers defending:</u></b> Divide the team into two groups &amp; give each group different color pinnies. Each player in the group gets a different number(1,2,3) <b>Coach</b> calls out a number for two players to swap boxes to go and defend against the other team. Whichever team gets the ball first get the points.</p>		<ul style="list-style-type: none"> <li>-Communicate with your group</li> <li>-Good passing technique</li> <li>-Movement off the ball</li> </ul>
<p><b>#3</b> 15 mins</p>	<p><b><u>3V3 End Line</u></b> Two teams play in a defined space with each team attacking an end-line defended by the opponent. Teams score points when a player dribbles over the opponent's end-line</p>		<ul style="list-style-type: none"> <li>-communicate with teammates</li> <li>-offer passing lanes to receive the ball</li> <li>-Pass into space</li> </ul>
<p><b>PLAY</b> 25 mins</p>	<p><b><u>Small Sided Games</u></b> 7V7 scrimmage</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