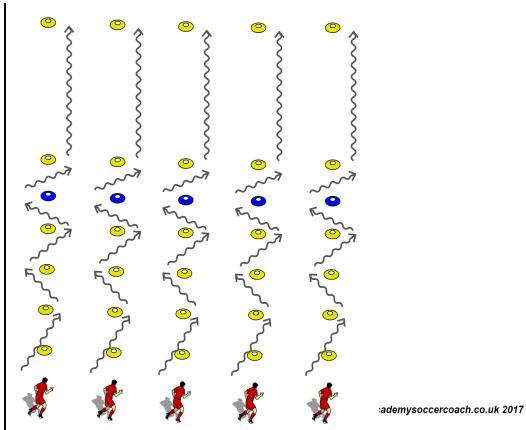
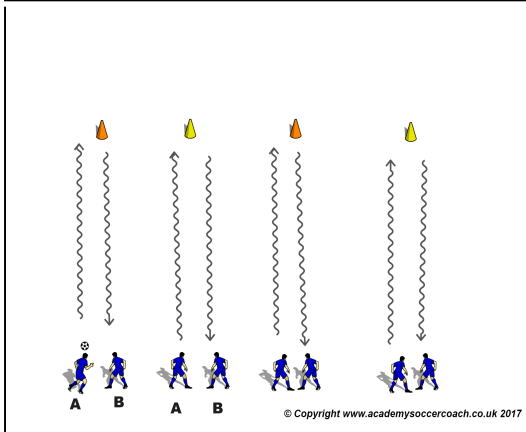


TRAINING OBJECTIVES- Improves players technique and ability to dribble with speed
Get players more comfortable with the ball and be able to dribble past defenders

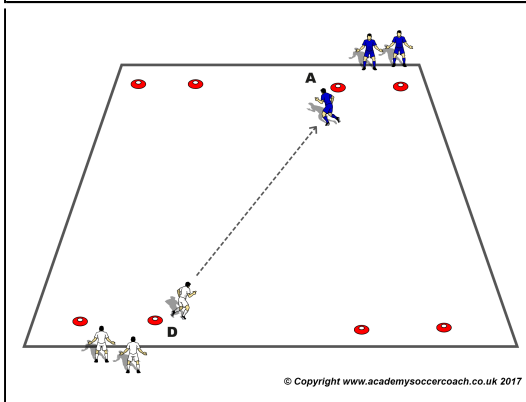


I. WARM-UP Duration 15 mins
ORGANIZATION French Dribbling
 Groups of 3-5 players max in each line, cones 1 yd apart
 Player A dribbles thru cones using different parts of feet.
 When Player A gets to blue cone Player B can proceed
 Once past the last cones he should speed dribble and perform a turn and return to the end of the line.
 Progression: After turn he can pass to the player at the back of the line
COACHING POINTS / KEY CONCEPTS
 Heads up while dribbling. Go slow and perform the moves correctly.
 Lots of small touches. ***Inside-Inside, only with the laces(right and left), inside left outside right-inside right outside left, rolls, roll stop



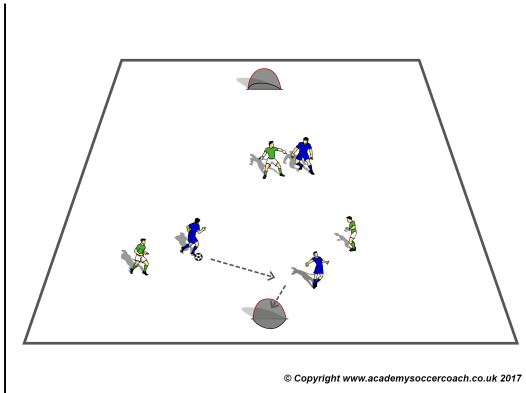
II. SMALL-SIDED ACTIVITY Duration 15 mins
ORGANIZATION Partner Dribbling
 Player A dribbles down and back and performs different technical dribbling styles. Once back then Player B dribbles down and back.
 Perform different cuts around/at the cone.

COACHING POINTS / KEY CONCEPTS
 Heads up while dribbling. Go slow and perform the moves correctly.
 Lots of small touches. Change of pace after turn.



III. EXPANDED ACTIVITY Duration 20 mins
ORGANIZATION
 1V1 to 2V2 to 2 goals
 Defender D starts with the ball and pass across to attacker A.
 Attacker can dribble thru either gate for a score.
 Progression: 2v1 and/or 2v2

COACHING POINTS / KEY CONCEPTS
 Defenders start with a good pass with inside of foot- Toe up ankle locked. Attacker good first touch, try and perform move to beat defender.
 Change of pace after making move.



IV. GAME Duration 20 mins
ORGANIZATION
 3v3/4v4 to 2 small goals

COACHING POINTS / KEY CONCEPTS
 Look for 1v1 situations
 Change of pace (Slow-slow-fast)