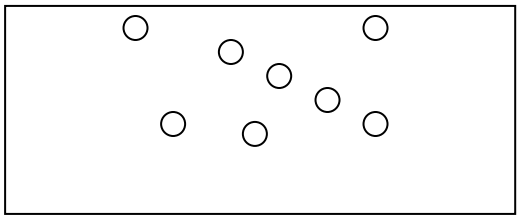
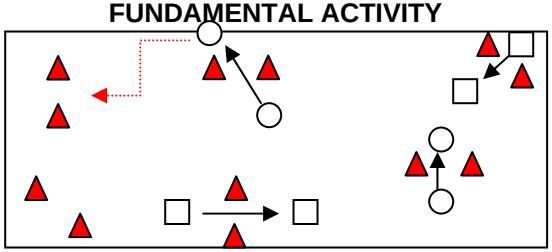
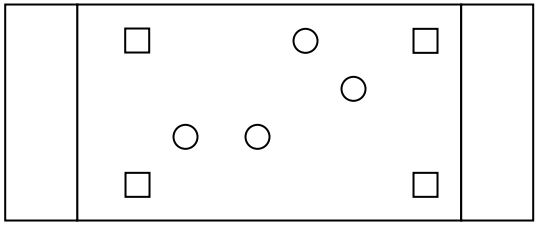
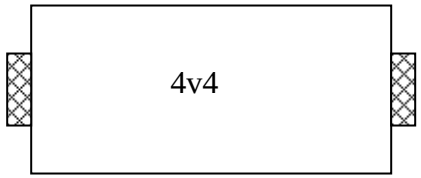
Topic: When to Dribble-When to Pass Date: 09/22/09

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	▪ **START WITH JUGGLING (50 Touches)** ▪ Set up a 25-x-35 yard grid ▪ Teams divided into 2 Colors 1. Pass and move 2. Pass to different color and move ▪ Stretch	▪ **Prepare your eyes and body to play quickly.** ▪ **Keeping the ball moving unitl able to make a pass.**
FUNDAMENTAL ACTIVITY 	▪ Set up a 25-x-35 yard grid – Make small "Gates" inside grid to act as goals ▪ Two teams of 3-5 players each ▪ Points are scored when ball is dribbled or passed to teammate through gate 1. Score 2 points if dribble through gate and make connecting pass. 2. Score 1 point if pass throug gate to teammate who keeps control of the ball	▪ **Dribbling Technique** **1. Turning** **2. Beating an opponent** **3. Shielding** ▪ **Passing Technique** **1. Accuracy and weight of pass** **2. Disguse pass** • **Thoughts to Teach** **1. Cues of when to dribble?** **2. Cues of when to turn?** **3. Cues of when to pass?**
MATCH RELATED ACTIVITY 	▪ Set up a 25-x-35 yard grid ▪ There is endzone on each end of grid ▪ Points are scored when ball is dribbled or passed to teammate in the endzone 1. Score 2 points if pass to teammate who controls the ball 2. Score 1 point dribble into endzone ▪ Keep play continuous – team scores other team immediately takes possession to score in opposite direction	▪ **Dribbling Technique** **1. Turning** **2. Beating an opponent** **3. Shielding** ▪ **Passing Technique** **3. Accuracy and weight of pass** **4. Disguse pass** • **Thoughts to Teach** **1. Cues of when to dribble?** **2. Cues of when to turn?** **3. Cues of when to pass?**
MATCH CONDITION GAME 	▪ Play even teams – no keepers ▪ No restrictions on players	▪ **Continue to work on "thoughts to teach"**