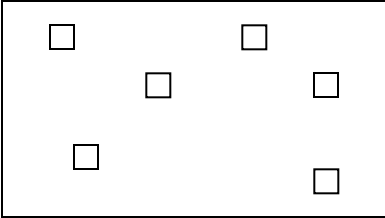
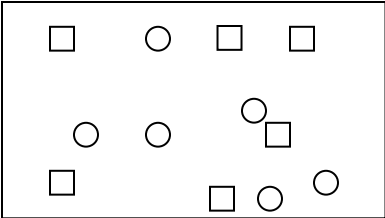
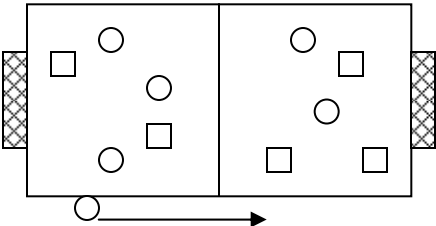
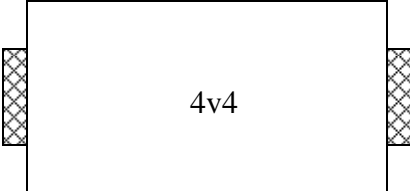




Name:

Topic: Dribbling - Possess #1

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Players in a 15-x-12 yard area – moving and dribbling</li> <li>Emphasis on players looking for space and playing the ball with their foot that is farthest away from other people</li> </ul> <p><b>Progressions:</b> Specify how ball must be dribbled</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Keep ball close</li> <li>Body between the ball and the opponent</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Everyone with a ball in a 15-x-12 yard area</li> <li>Each player tries to kick other people's balls out of the area without losing possession of their own</li> <li>Once ball is kicked out player must do a task before returning to the game (ball taps)</li> <li>Whoever had their ball kicked out the least in 2 minutes wins</li> </ul> <p><b>Progressions:</b> Specify how ball must be dribbled. Set up two grids, when a person gets kicked out of the first grid they go to the other grid.</p>	<ul style="list-style-type: none"> <li>Head up to read game</li> <li>Keep ball close</li> <li>Body between the ball and the opponent</li> <li>Lower center of gravity</li> <li>Use arms to keep space</li> <li>Spin turn away from opponent to relieve pressure</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Set up area as shown, each team has three defenders and two forwards that stay in their half</li> <li>Balls must be passed across the half line</li> <li>When a ball is passed a defender can move across the line and help out in the attack</li> </ul> <p><b>Progressions:</b> Players can move anywhere in the field</p>	<ul style="list-style-type: none"> <li>Head up to read game</li> <li>Keep ball close</li> <li>Body between the ball and the opponent</li> <li>Lower center of gravity</li> <li>Use arms to keep space</li> <li>Spin turn away from opponent to relieve pressure</li> <li>Can the forwards hold off the defense and wait for the defender to help out</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with player's ability to dribble to possess the ball</li> </ul>