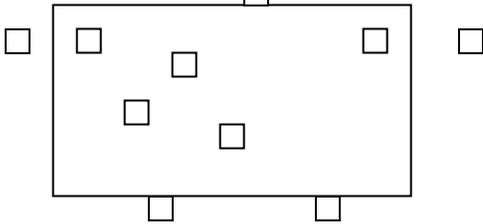
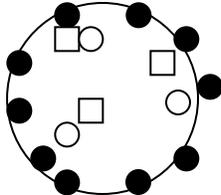
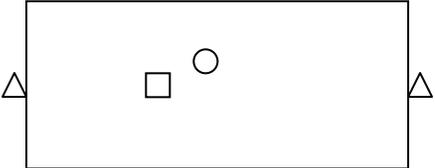
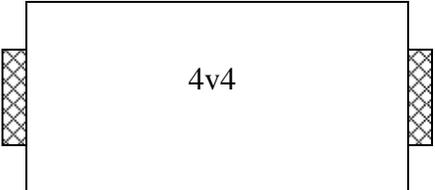




Name: Matt Callahan

Topic: Dribbling – Beat an opponent

Date:

<b>FUNDAMENTAL – WARM UP</b> 	<b>ORGANIZATION</b> <ul style="list-style-type: none"> <li>▪ Players find a buddy and a ball</li> <li>▪ One buddy is on the inside of an area moving around, the other is standing on the outside</li> <li>▪ Players on the inside check to a person, call for the ball, receive and turn, and then do a move</li> <li>▪ Switch roles after 1 minute</li> </ul> <p><b>Progressions:</b> Players return ball to the person that passed it to them. Players find someone new to pass to. Accelerate after the move.</p>	<b>KEY COACHING POINTS</b> <ul style="list-style-type: none"> <li>▪ Head up to read game</li> <li>▪ Body feint to throw defender off</li> <li>▪ Change of direction</li> <li>▪ Change of speed</li> <li>▪ When players check back they should do so diagonally so it is easier to turn</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>▪ Five 2-3 yard goals spaced evenly on a circle</li> <li>▪ Simultaneous games of 1v1 occur for 60 seconds</li> <li>▪ Game begins with one player in possession of ball in circle</li> <li>▪ Attacker attempts to score by dribbling ball and stopping it between a cone goal</li> <li>▪ Switch roles after loss of possession</li> </ul> <p><b>Progressions:</b> After a goal is scored the same person turns around and tries to score again.</p>	<ul style="list-style-type: none"> <li>▪ Head up to read game</li> <li>▪ Body feint to throw defender off</li> <li>▪ Change of direction</li> <li>▪ Change of speed</li> <li>▪ Decisive decisions – pick a move and do it</li> <li>▪ Correct timing of move</li> </ul>
<b>MATCH RELATED ACTIVITY</b> 	<ul style="list-style-type: none"> <li>▪ Play 1v1+2 in a 20-x-10 yard area</li> <li>▪ are neutral players</li> <li>▪ Neutral starts by passing ball to a player, who must beat opponent and pass to other neutral</li> <li>▪ Players get points each time they receive a pass from a neutral, then pass the ball to the other neutral</li> <li>▪ Players switch roles after loss of possession – play for 1 minute</li> </ul> <p><b>Progressions:</b> Split up groups and play 2v2 and/or 3v3 in the middle instead of 1v1</p>	<ul style="list-style-type: none"> <li>▪ Head up to read game</li> <li>▪ Body feint to throw defender off</li> <li>▪ Change of direction</li> <li>▪ Change of speed</li> <li>▪ Decisive decisions – pick a move and do it</li> <li>▪ Correct timing of move</li> </ul>
<b>MATCH CONDITION GAME</b> 	<ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> <li>▪ Give points for goals and for an attacker beating a defender on the dribble in the attacking third of the field</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with dribbling to beat an opponent</li> </ul>