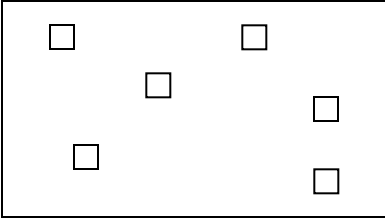
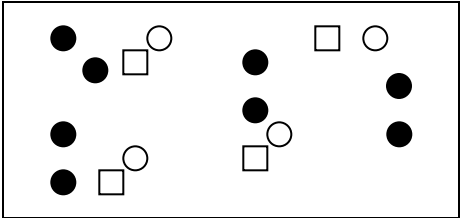
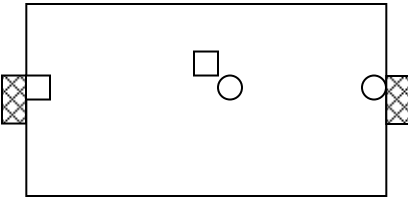





Name: Matt Callahan

Topic: Dribbling - Possess

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Players in a 15-x-12 yard area – moving and dribbling Emphasis on players looking for space and playing ball with foot away from other people <p>Progressions: Specify how the ball must be dribbled. Play a tag game.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Four 2-3 yard goals are spaced out in area Eight players are divided into pairs, each pair needs a ball One person starts with ball and tries to dribble ball through a goal as many times as possible Switch roles after loss of possession Player with most goals after 1 min wins <p>Progressions: Specify how ball must be dribbled. Have different colored cone goals worth different points. Once a person dribbles through a goal they stop the ball and give it to the other player</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 2v2 in a 15-x-20 yard area When a player passes back to his/her goalkeeper they switch roles <p>Progressions: Combine two games so one game is 3v3 in the middle with keepers.</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent Lower center of gravity Use arms to keep space Spin turn away from opponent to relieve pressure Whenever a defender is under pressure and facing their goal they should play the ball back
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with player's ability to dribble to possess the ball