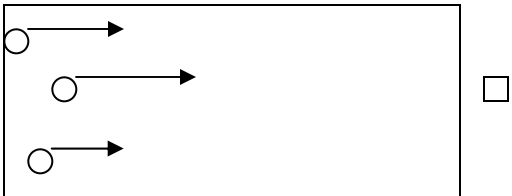
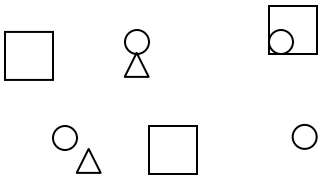
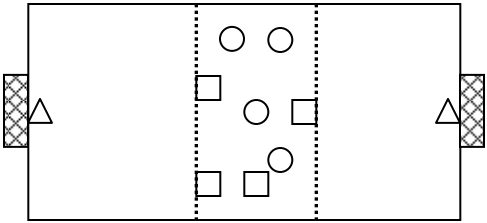
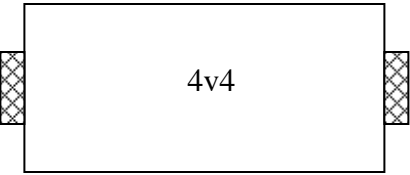




Name: Matt Callahan

Topic: Dribbling - Speed

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> All players with a ball on goal line Coach yells green light and players dribble with field towards half field When coach yells red light each player must stop his/her ball with the bottom of their foot Players try to be the first person to touch the coach <p>Progressions: Specify how the player must dribble. The coach should move around instead of standing still.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Ball is pushed farther out in front Use the instep and outside of the foot
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Everyone except three people need a ball in a large area Small 2-x-2 yard safe zones are scattered throughout the area Two people are defenders and try to tag people who are dribbling When a dribbler enters a safe zone, they cannot be tagged-only 1 per zone though Play to see who can be tagged the least <p>Progressions: Specify how players must dribble</p>	<ul style="list-style-type: none"> Head up to read game Ball is pushed farther out in front Use the instep and outside of the foot
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 70-x-50 yard area Players start out in a 15 yard zone in the middle of the field After a predetermined number of passes a team can play a diagonal ball in which one player can run to <p>Progressions: To add pressure, allow the farthest defender to give chase</p>	<ul style="list-style-type: none"> Head up to read game Ball is pushed farther out in front Use the instep and outside of the foot
<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 improved player's ability to dribble with speed