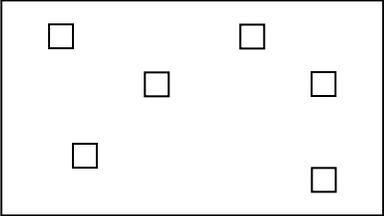
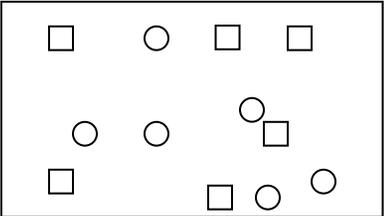
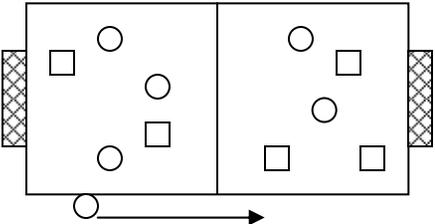




Name:

Topic: Dribbling - Possess #1

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 the ball with their foot that is farthest away from other people <p>Progressions: Specify how ball must be dribbled</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"> Everyone with a ball in a 15-x-12 yard area Each player tries to kick other people's balls out of the area without losing possession of their own Once ball is kicked out player must do a task before returning to the game (ball taps) Whoever had their ball kicked out the least in 2 minutes wins <p>Progressions: 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"> 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"> Set up area as shown, each team has three defenders and two forwards that stay in their half Balls must be passed across the half line When a ball is passed a defender can move across the line and help out in the attack <p>Progressions: Players can move anywhere in the field</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 Can the forwards hold off the defense and wait for the defender to help out
<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