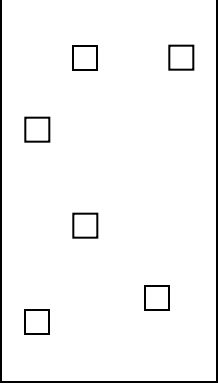
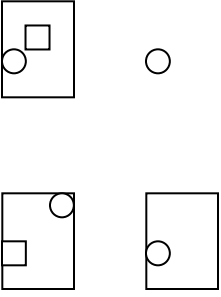
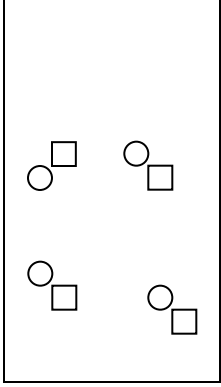
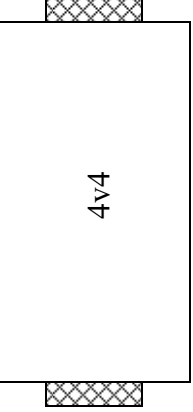


Name:

Topic: Dribbling - Possess #3

Date:

<p>FUNDAMENTAL – WARM UP</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: Play Knockout (everyone tries to kick everyone else's ball out of area)</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"> Set up three small grids approximately 8-x-6 yards In each grid two players play 1v1, trying to hold the other person off An extra person moves outside the grid and calls for the ball from one of the people inside the grid, who passes them the ball to relieve pressure After the pass is made the outside person and the player who made the pass switch roles <p>Progressions: Start with two outside people and then only have one</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 Hold off the defender until help arrives
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 25-x-35 yard area Each team has a line to defend and a line to attack Teams score by dribbling under control across the defending line of their opponent <p>Progressions: Allow forward passes. Add small cone goals.</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 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