

ACTIVITY #1

Set up: Grid, every player with a ball

Instructions: Offer an Instruction, followed by a "Go" command, players dribble for speed until it is time to repeat the skill.

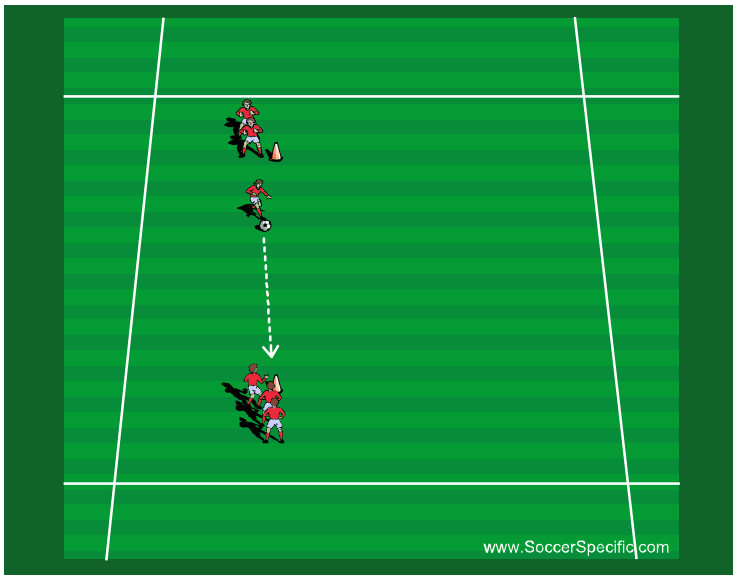
Progression:

1. Feet on Top
2. Ball In-Between
3. Two on the top, Two on the side
4. Inside outside with both feet
5. Scissors around the ball

Coaching Points: 1. Lightly Touch the Ball, don't stamp... be in control of your feet by being on your toes and moving quicker, not "harder"

2. We dribble for speed using the Outside or Laces of our foot. Never use the inside for speed, because then we are constantly dragging a leg behind us.

2.



ACTIVITY #2

Set up: 2 Lines Facing Each Other

1 Ball per group.

Instructions: Dribble for Speed to the opposing line.

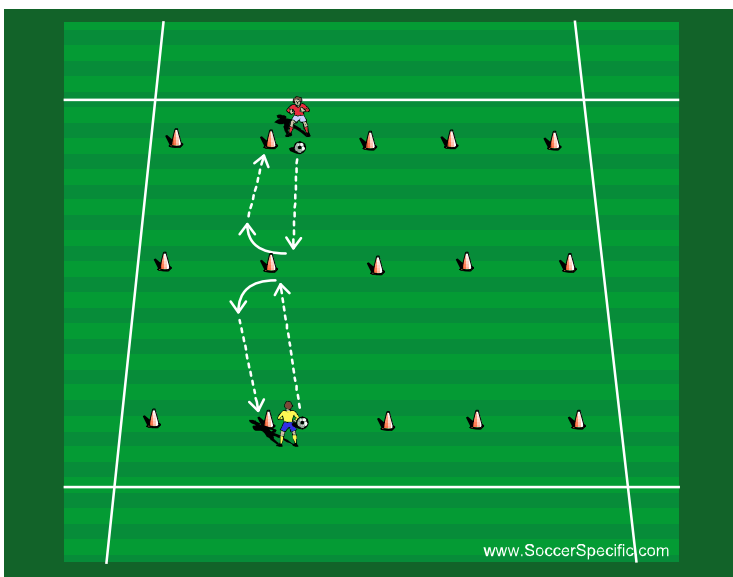
Person in front will say "leave it", take the ball away, and then the exercise repeats as the player who just completed the speed dribble gets in back of the closest line.

Coaching Points: Use the Laces or Outside of your foot.

Push the ball 2-3 steps in front so we can run on to it.

Too close is not fast, too far is not controlled.

Head Up



ACTIVITY #3

Set up: Cones about 20 yards apart, with a cone in the center dividing the two as a point of reference. Enough set up so that each player has their own starting position. Each player needs a ball.

Instructions: Coach says "Go", players dribble for speed to the PoR cone and execute the desired skill. Then they turn and come back

Progression:

Outside of the foot, both L&R

Inside of the foot, both L&R

Soul Drag

Pull Back

Cruyff

Step-Over

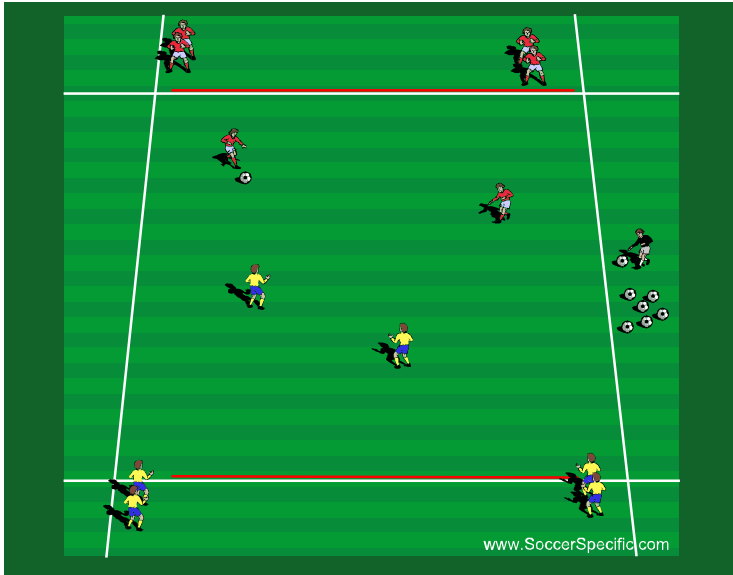
Mathews

Coaching Points: Turns:

Execute the desired turn 3 steps in front of the "defender" (PoR)

1 touch to execute the turn

accelerate away



ACTIVITY #4

Set up: 1 Grid, 30x20

Two Teams Facing Eachother, Each in Two seperate lines (for a total of 4)

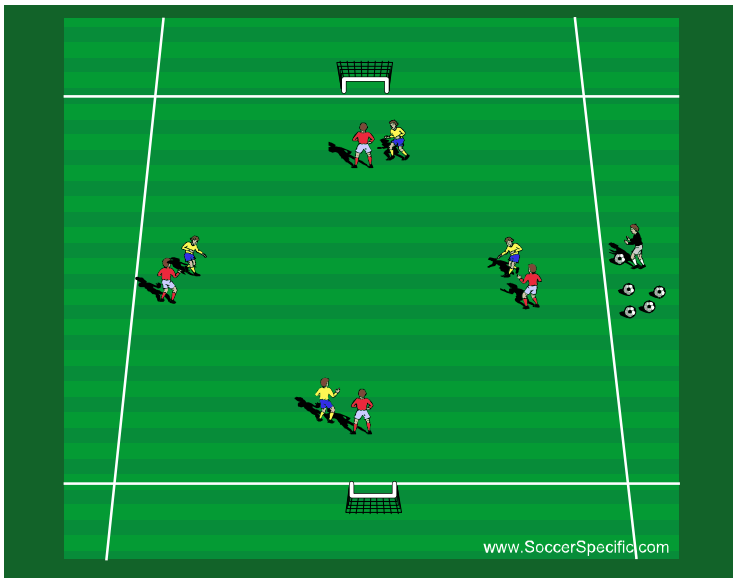
Instructions: Defenders serve the ball out, Attackers try to cross the opposing teams line in control of the ball.

If defenders win the ball, they can counter to the other teams line.

Coaching Points: Recognize when you have space to dribble.

Always accelerate:

1. To the defender
2. Away from the defender



ACTIVITY #5

Set up: 4v4 to goal

40x30 Grid

Instructions: Play

Ball always starts from coach

Coaching Points: