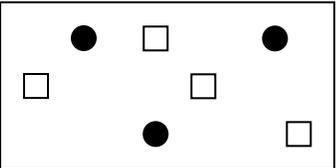
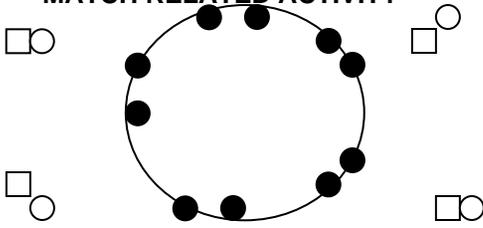
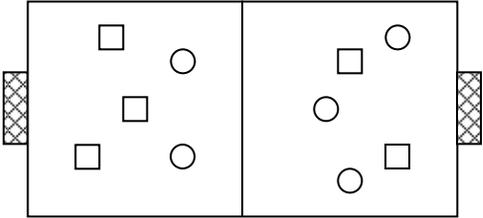
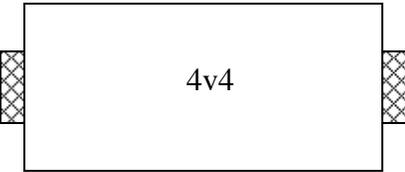




Name: Matt Callahan

Topic: Dribbling - Speed

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone with a ball in a 15-x-20 yard area Placed randomly in the area are disc cones – one less than # of people Players moving and dribbling in area On coaches command, players must dribble to one of the cones Whoever doesn't get to cone must do a task <p>Progressions: For the last round start taking cones away each time. As players don't get to a cone they get to start stretching while the other finish the game</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"> Five 2-3 yard goals are spaced evenly on center circle Simultaneous games of 1v1 occur for 1 minute Play starts with one person from each pair in possession of ball outside of circle Player attempts to enter circle at any point, but can only score by exiting through a goal <p>Progressions: Switch roles after loss of possession and continue playing. Switch roles after a goal.</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 Shield ball from opponent
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 5v5, mark off a center line Each team has three defenders and two attackers, the players are restricted to their respective half of the field In order for the ball to get across the half, it must be dribbled by one of the defenders who can temporarily join the attack (when the attack takes a shot or loses the ball the defender must return) <p>Progressions: Remove the restriction of players staying in their own half</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 Cut towards center of field to cut off angle
<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