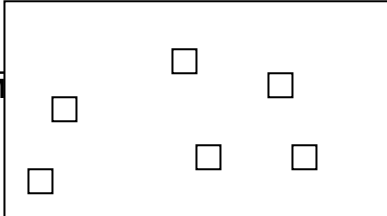
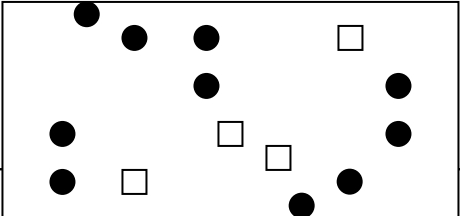
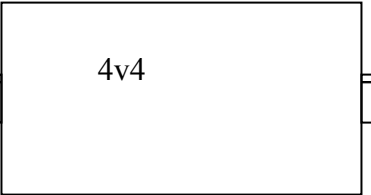
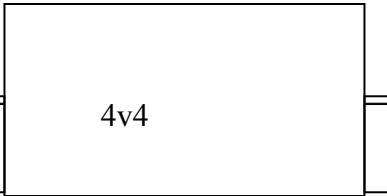




Name: Tony Marino

Topic: Dribbling - Possess

Date:

<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</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: Specify how the ball must be dribbled. Play a tag game.</p>	<ul style="list-style-type: none"> Head up to read game Keep ball close Body between the ball and the opponent
	<ul style="list-style-type: none"> Ten 2-3 yard goals are spaced out in area All players are divided into pairs, each pair needs a ball Each person starts with ball and tries to dribble ball through all of the goals as many times as possible Player with most goals after 1 min wins <p>Progressions: 1. Have different colored cone goals worth different points. 2. Add more goals. 3. Decrease time and encourage quicker decisions.</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 When near goal keep ball very close Do not hesitate to use any surface (right foot, left foot, sole, outside)
	<ul style="list-style-type: none"> Play 4v4 in a 15-x-25 yard area Each player must take at least 3 touches Keep score! 	<ul style="list-style-type: none"> Head up to see options Keep ball close when in traffic: short, quick steps = more touches = more control Body between the ball and the opponent Know your environment Use arms to keep space
	<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 the ball in tight spaces

