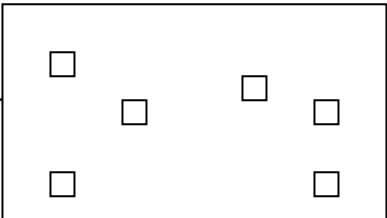

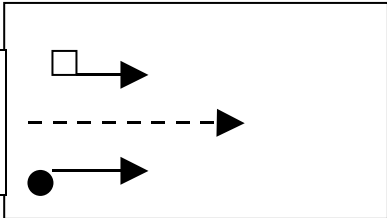

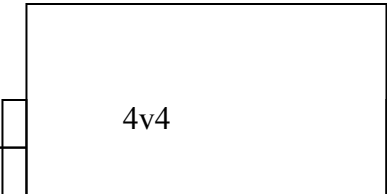




Name: Tony Marino

Topic: Dribbling – for speed

Date:

<b>FUNDAMENTAL – WARM UP</b>  	<b>ORGANIZATION</b> <ul style="list-style-type: none"> <li>Players in a 15-x-12 yard area – moving and dribbling</li> <li>Emphasis on players looking for space and playing ball with instep of foot, or laces.</li> <li>On coach’s command, “GO!”, players dribble full speed for a few yards.</li> </ul>	<b>KEY COACHING POINTS</b> <ul style="list-style-type: none"> <li>Head up to see space ahead</li> <li>1<sup>st</sup> touch is a big one to gain distance quickly and speed up</li> <li>Contact ball with laces</li> </ul>
	<ul style="list-style-type: none"> <li>Side by Side 1v1 Line Soccer (10x25 yds)</li> <li>Coach passes ball out in front of two players into space</li> <li>Square scores by dribble straight over end-line</li> <li>Circle scores by dribbling over starting line</li> <li>Player with most goals after 1 min wins</li> </ul> <p><b>Progressions:</b> 1. Have circle start by sitting down facing field 2. Circle faces away from field</p>	<ul style="list-style-type: none"> <li>1<sup>st</sup> touch is the biggest</li> <li>Keep ball close as defender gets close</li> <li>Sprint with ball</li> <li>Head up to see field/space ahead</li> <li>Use laces to push ball ahead</li> </ul>
<p>Coach with balls</p> 	<ul style="list-style-type: none"> <li>Play 4v4 in a 18x40 yard area</li> <li>Players cannot pass forward, only dribble</li> <li>But they can pass back or to the side</li> </ul> <p>Alteration: if this is too difficult for the players, maybe their 1<sup>st</sup> isn’t far enough away from opponents. Talk about it with them for a minute and then try again.</p>	<ul style="list-style-type: none"> <li>See if forward space is open</li> <li>If there is space, big 1<sup>st</sup> into the space</li> <li>Toe down, use laces to push ball</li> <li>If space is tight, keep ball close</li> </ul>
 <p>4v4</p>  <p>4v4</p>	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with player’s ability to dribble forward quickly.</li> </ul>

