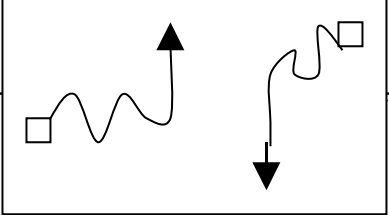
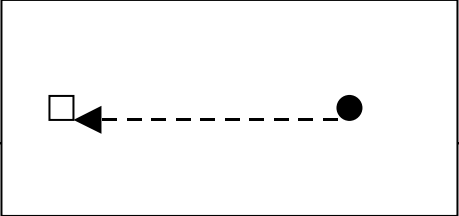




Name: Tony Marino

Topic: Dribbling- to beat an opponent

Date:

<p style="text-align: center;"><b>UNDAMENTAL – WARM UP</b></p>	<p style="text-align: center;"><b>ORGANIZATION</b></p>	<p style="text-align: center;"><b>KEY COACHING POINTS</b></p>
	<ul style="list-style-type: none"> <li>▪ Each player has a ball.</li> <li>▪ <b>Partners dribble right at each other fake left, turn right</b></li> <li>▪ <b>Switch directions</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ Change speed from slow to FAST!</li> <li>▪ Change direction with move/turn</li> <li>▪ Fake away from the area where you want to go</li> </ul>
	<ul style="list-style-type: none"> <li>▪ 1v1 Line Soccer 12x16yds.</li> <li>▪ Circle passes to square and square attacks circle's endline</li> <li>▪ Defender can win ball and attack opposite endline</li> </ul>	<ul style="list-style-type: none"> <li>▪ Perform fake to unbalance defender</li> <li>▪ Do not fake too late or players will collide</li> <li>▪ Once slightly behind defender, cut in behind the defender to seal off his recovering run</li> </ul>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">3v3 +1</div>	<ul style="list-style-type: none"> <li>▪ Play 3v3 +1 in a 25-x-40 yard area</li> <li>▪ Neutral players stay on the inside to keep possession, all-time offense</li> <li>▪ 1 team attacks goal while other tries to dribble over end-line to score</li> <li>▪ Keep score!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Keep ball on foot farthest from opponent</li> <li>▪ Change direction and speed to keep defenders guessing</li> </ul>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">4v4</div>	<ul style="list-style-type: none"> <li>▪ Play 4v4 in a 25x40 area</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 beat opponents with the dribble</li> </ul>

