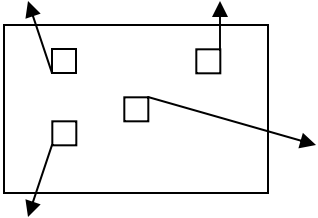
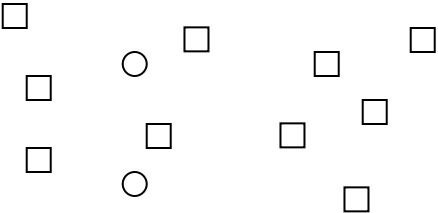
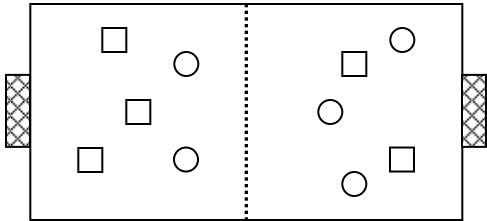
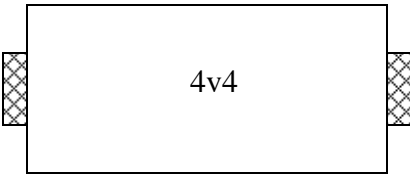




Name: Matt Callahan

Topic: Dribbling - Speed

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Everyone with a ball in a 15-x-12 yard area</li> <li>▪ On coaches command, players must dribble out of square as fast as they can</li> <li>▪ Everyone then dribbles back into square and the process is repeated</li> </ul> <p><b>Progressions:</b> Place objects outside of the square, players must dribble around the object before returning to the square. End with musical cones.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Head up to read game</li> <li>▪ Ball is pushed farther out in front</li> <li>▪ Use the instep and outside of the foot</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Set up a large area, have two players as taggers and everyone else dribbles in the area</li> <li>▪ The taggers try to freeze the dribblers by tagging them</li> <li>▪ When frozen, a dribbler stops and holds their ball over their head, the can be unfrozen if another dribbler dribbles their ball through the frozen player's legs</li> </ul> <p><b>Progressions:</b> Specify how players must dribble</p>	<ul style="list-style-type: none"> <li>▪ Head up to read game</li> <li>▪ Ball is pushed farther out in front</li> <li>▪ Use the instep and outside of the foot</li> <li>▪ Shield ball from opponent</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 5v5, mark off a center line</li> <li>▪ Each team has three defenders and two attackers, the players are restricted to their respective half of the field</li> <li>▪ 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)</li> </ul> <p><b>Progressions:</b> Remove the restriction of players staying in their own half</p>	<ul style="list-style-type: none"> <li>▪ Head up to read game</li> <li>▪ Ball is pushed farther out in front</li> <li>▪ Use the instep and outside of the foot</li> <li>▪ Can the defender who is open use a dynamic first touch to quickly get over the half line?</li> </ul>
<p><b>MATCH CONDITION GAME</b></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 improved player's ability to dribble with speed</li> </ul>