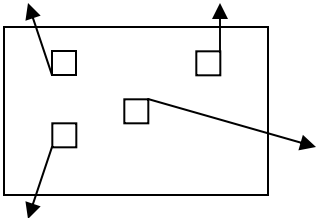
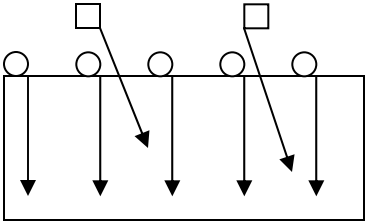
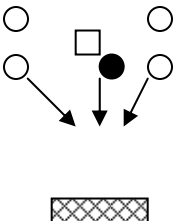





Name: Matt Callahan

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 the 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>Everyone with a ball on one touchline</li> <li>Two players are defenders and start 5-10 yards behind everyone else</li> <li>When players lose their ball, they must be a defender as well</li> <li>Repeat till everyone has lost their ball</li> </ul> <p><b>Progressions:</b> Players become defenders if a defender kicks their ball away. Players become defenders if they are touched anywhere. 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>Players line up in two lines at half-field</li> <li>Coach plays ball towards goal, first person from each line must sprint after ball and try to recover it and shoot on goal</li> <li>Player that doesn't get ball gives chase</li> </ul> <p><b>Progressions:</b> Make players do an activity (lie on stomach, turn around) before running after ball to spice things up</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>Cut towards center of field to cut off angle</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>