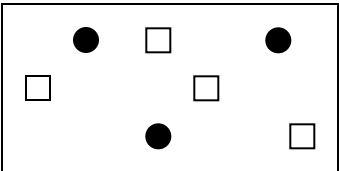
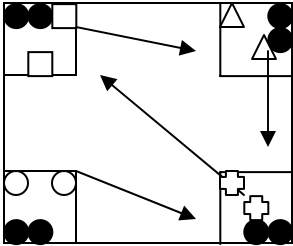
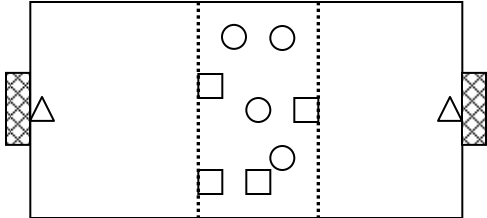
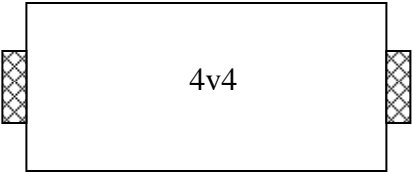




Name: Matt Callahan

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-20 yard area</li> <li>Placed randomly in the area are disc cones – one less than # of people</li> <li>Players moving and dribbling in area</li> <li>On coaches command, players must dribble to one of the cones</li> <li>Whoever doesn't get to cone must do a task</li> </ul> <p><b>Progressions:</b> For the last round start taking cones away each time. As players don't get to a cone they get to start stretching while the other finish the game</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>In all four corners of a 30-x-30 yard area are 10-x-10 yard zones</li> <li>Within each corner are a number of balls equal to the number of players that are in the zone</li> <li>Players must run from their corner and try to steal balls from the other zones and return them to their own zone</li> <li>Group with most balls after a minute wins</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> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 in a 70-x-50 yard area</li> <li>Players start out in a 15 yard zone in the middle of the field</li> <li>After a predetermined number of passes a team can play a diagonal ball in which one player can run to</li> </ul> <p><b>Progressions:</b> To add pressure, allow the farthest defender to give chase</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 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>