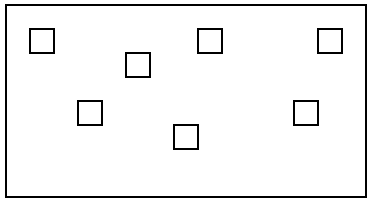
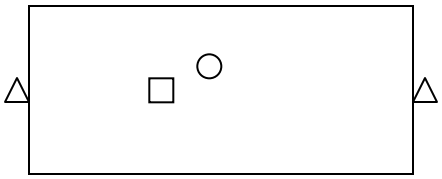
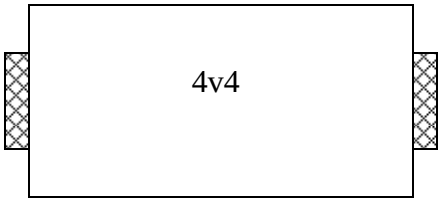
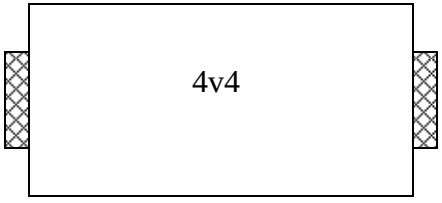
Name: Matt Callahan Topic: Dribbling – Beat an opponent Date:

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	▪ Everyone with a ball in 12-x-15 yard area – moving and dribbling ▪ On coaches command, players must do a move ▪ After doing a move players continue to dribble **Progressions:** After doing a move, players must accelerate as fast as they can. Specify what moves they should do at first, then give them a chance to do whatever move they want or have them make up a move	▪ Head up to read game ▪ Body feint to throw defender off ▪ Change of direction ▪ Change of speed
MATCH RELATED ACTIVITY 	▪ Play 1v1+2 in a 20-x-10 yard area ▪ are neutral players ▪ Neutral starts by passing ball to a player, who must beat opponent and pass to other neutral ▪ Players get points each time they receive a pass from a neutral, then pass the ball to the other neutral ▪ Players switch roles after loss of possession – play for 1 minute **Progressions:** Break up other games so each game can have 2v2 in the middle.	▪ Head up to read game ▪ Body feint to throw defender off ▪ Change of direction ▪ Change of speed ▪ Decisive decisions – pick a move and do it ▪ Correct timing of move
MATCH RELATED ACTIVITY 	▪ Play 4v4 in a 35-x-25 yard area up to 7v7 in a 50-x-40 yard area ▪ One restriction- players may not pass the ball forward **Progressions:** Give a point if a player can do a move and get behind someone, and a point to get the ball to the line. Remove the no forward pass restriction eventually.	▪ Head up to read game ▪ Body feint to throw defender off ▪ Change of direction ▪ Change of speed ▪ Decisive decisions – pick a move and do it ▪ Correct timing of move
MATCH CONDITION GAME 	▪ Play 4v4 ▪ No restrictions on players ▪ Give points for goals and for an attacker beating a defender on the dribble in the attacking third of the field	▪ Observe to see is session has helped with dribbling to beat an opponent