



Season: Winter 2015/16 Program: TDC 3, 4 & 5 Week: 6

Topic: When to Dribble and When to Pass

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Pattern Dribble (20 Touches)</p> <ul style="list-style-type: none"> Each player with a soccer ball. All patterns will be completed with both feet. <ol style="list-style-type: none"> Touch the ball with the outside of the foot then inside of the foot. (Favorite foot first!) Push the ball twice with the laces then draw a circle around the ball with the big toe. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or Toe Roll) Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or Toe Roll) Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (Forward with the left foot) stop it with the left Now repeat starting with left foot. 		<ul style="list-style-type: none"> Technique: dribbling and turning Principles of play: <ul style="list-style-type: none"> Improvisation
Activity 1	<p>Dribble, Pass & Receive:</p> <p>10 yards from outside to central cone,</p> <ul style="list-style-type: none"> Groups of 3. Each player attacks the mannequin in the middle, connects a pass to the far side, and follows the pass to the far side Upon receiving a pass, the player again takes on the mannequin in the middle Dribble straight at the mannequin. Have a move in mind prior to starting your dribble The Moves are the Inside Step Take, Circle Take or Fake Circle Take. 		<ul style="list-style-type: none"> Technique of dribbling, passing and receiving Principles of play: <ul style="list-style-type: none"> Penetration Improvisation
Activity 2	<p>2v1 or 2v2 to 4 Goals:</p> <p>In a 15Wx20L yard grid with 2 goals on each end line (at least 2 fields will be needed)</p> <ul style="list-style-type: none"> Coach plays the ball into one team. 2 players from that side attack against 1 or 2 from the other side. Before playing the ball in, the coaches determines if it will be 2v2 or 2v1. Players will play for 2-3 balls depending on the numbers of participants, or one goal. If a player can perform a move before scoring, 10 bonus points. 		<ul style="list-style-type: none"> Technique: dribbling, passing, receiving and shooting Principles of play: <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation
Conditioned Game	<p>4v4 or 5v5:</p> <p>In a 20Wx25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game.</p> <p>Coach will determine if goalkeepers will be used.</p>		<ul style="list-style-type: none"> Technique: dribbling, passing and receiving and shooting Principles of play: <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

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