

Season: Winter 2015/16 Program: TDC 6, 7 & 8 Week: 4

Topic: Dribbling to avoid pressure

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 running with the ball
Activity 1	<p>Free Dribbling with Taggers:</p> <p>All the players are in a 20Wx25L yd space. All players except for 2 players have a soccer ball at their feet to dribble. The 2 players (taggers) have a soccer ball in their hands. The taggers will chase the dribbling players and try to hit the dribbler's ball with their ball. The taggers throw their ball or simply touch their ball to a dribbler's ball. The 2 taggers race to see who can hit 5-7 balls the fastest. The dribblers try to avoid having their soccer ball hit by running with the ball, turning or shielding the ball from the taggers and they can be encouraged to try new moves or turns. Variation: If a tagger tags a dribbler's ball the players switch roles.</p>		<ul style="list-style-type: none"> Technique: dribbling and running with the ball Check your shoulder before you turn Accelerate into space after you turn Principles of play <ul style="list-style-type: none"> Improvisation
Activity 2	<p>2v2 Overlap 2v2:</p> <p>Coach sets up a field with a goal in every corner in a 15Wx25L yard space. Two 2v2 games will occur on the field with each 2v2 game being played across the field to opposite diagonal goals. Each team will defend a corner goal and attack the corner goal diagonally across from them. At the same time, the other 2v2 game will play using the other 2 goals diagonally across from each other. Score from either side of the cone goals (if spaces permits). Both games will last for 2 minutes then rotate the opponents</p>		<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>3v3, 4v4 or 5v5 to Goal:</p> <ul style="list-style-type: none"> In a 20Wx25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game Coach will determine if goal keepers will be used. 	<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 	

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