
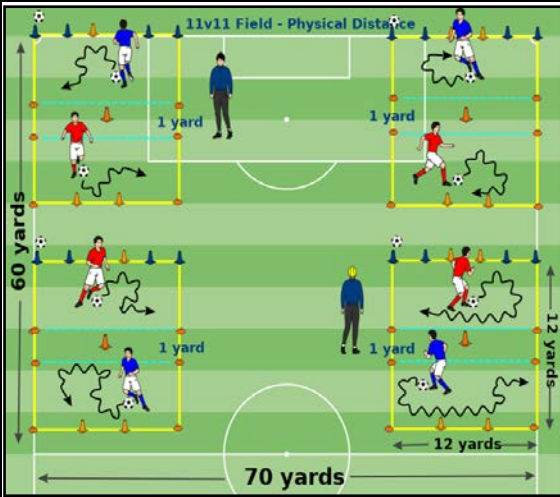


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|-----------------------------|---|--|-------------------|----------------|----------|--|---|
| Spring 2020 13+ 11V11 | PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i> | | | | | |  |
| | GOAL: | Improving the Technique of Dribbling to Beat an Opponent | | | | | |
| MOMENT | ATTACKING | DURATION | 45 minutes | PLAYERS | 8 | | |

SKILL ACQUISITION: Dribbling- Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace) after the defender is beaten.

ACTIVITY 1: BALL MASTERY **DURATION: 12 min -- INTERVALS: 4 --ACTIVITY: 2 min --REST: 1 min**



OBJECTIVE: To dribble the ball forward.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (70Wx60L), create four 12x12L grids with a 1-yard zone in the middle as shown in the diagram. Place two players with a ball inside one of the small squares. The player with the ball will dribble it around performing the following tasks:

1. Inside-outside-inside-outside-Inside-outside-stop, switch square. *One Interval.*
2. Inside -outside- laces-laces -inside-inside-roll, switch square. *One Interval.*
3. Inside -outside- laces-laces -inside-inside-roll, switch square. *One Interval.*
4. Inside -outside- laces-laces -inside-inside-roll-circle take, switch foot. *One Interval.*

KEY WORDS: Look up and Surface.

GUIDED QUESTIONS: 1. Why do you need to look up? 2. What surface of the foot should you use to go straight, change direction and to stop the ball?

ANSWERS: 1. To see where to go with the ball - 2. To go straight use the laces, to change direction use the outside or the inside of the foot and use the sole to stop the ball.

ACTIVITY 2: RECEIVE, DRIBBLE and PASS **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec**



OBJECTIVE: To dribble the ball forward.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (70Wx60L), create four 12Wx12L grids with a central cone in the middle of the 1-yard zone as shown in the diagram. The player with the ball passes to the dribbler. The dribbler goes diagonally towards the central cone, executes a 1v1 move and passes the ball to the other player when he/she gets to the other corner. The players perform the following 1v1 moves:

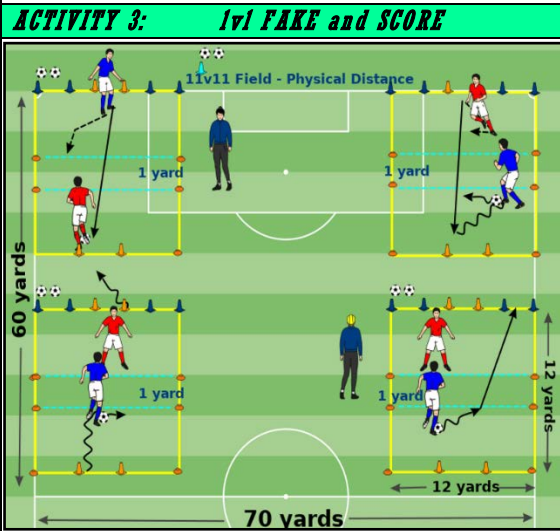
1. Inside and outside of one foot. *Four Intervals.*
2. Touch with inside right, touch with inside left. *Four Intervals.*
3. Fake and take. *Five Intervals.*
4. Circle take. *Five Intervals.*

KEY WORDS: Control, Fake, Accelerate.

GUIDED QUESTIONS: 1. How can we control the ball before performing the move? 2. Why do you need to fake a defender (cone)? 3. When do we accelerate?

ANSWERS: 1. We will take smaller touches - 2. The fake throws the defender out one way - 3. As soon as we are past the defender (cone).

ACTIVITY 3: 1v1 FAKE and SCORE **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec**



OBJECTIVE: To dribble the ball forward.

PLAYER ACTIONS: Dribble the ball forward.

ORGANIZATION: In a half field (70Wx60L), create four 12Wx12L grids with a 1-yard zone in the middle as shown in the diagram. The defender will pass the ball to the dribbler. The dribbler will receive the ball, dribble forward to commit the defender, fake him/her and score in any of the three goals. **No one is allowed** to cross the neutral 1-yard zone.

KEY WORDS: Commit, Fake and Score.

GUIDED QUESTIONS: 1. How do you commit the defender? 2. Why do you need to fake a defender? 3. When can you score in one of the three goals?

ANSWERS: 1. Dribble straight at the defender - 2. The fake throws the defender out one way - 3. When you have an opening to shoot at one of the three goals.

| FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible) | TRAINING SESSION SELF-REFLECTION QUESTIONS |
|---|---|
| <p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>3. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. Coaching: Is there the proper coaching based on the age/level of the players?</p> | <p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p> |