

Season: **Winter 2020**

Program: **TDC**

Week: **1**

Topic: **Dribbling to Beat an Opponent 1**

Stage	Activity Description	Diagram	Coaching Points
<p>Play 1 10 min</p>	<p>Play 1: 1v1, 2v2 or 3v3 Set up two or three small fields with a goal at each end. Play 1v1, 2v1, 2v2 up to 3v3. Play for the first 10 minutes. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p>		<ul style="list-style-type: none"> • Technique of 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).
<p>Activity 1 12 min</p>	<p>Ball Mastery 1: In a 5Wx7L square, place a player with a ball at each end. All players start the dribbling pattern going to the right. Players will perform the following tasks: 1. Inside, outside, outside - Inside, outside, outside - Laces, laces. 2. Inside, Inside, inside, outside - Inside, inside, inside, outside - Laces, laces. 3. inside, inside, roll - inside, inside, roll - Laces, laces.</p>		<ul style="list-style-type: none"> • Technique of Receiving: Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction and away from pressure. • Technique of Passing: Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow through.
<p>Activity 2 12 min</p>	<p>1v1 to 5 Yard Goal: In a 10Wx15L yard grid play 1v1 to score in the opponent's goal by dribbling through the goal. • The player with the ball passes it to the dribbler. • The dribbler receives and tries to dribble past the defenders and score by dribbling through the 5 yard goal. • If defender gets ball, he/she can score. Players switch sides after their turn is up.</p>		<ul style="list-style-type: none"> • Technique of Dribbling and Receiving • Team Tactical Principles <ul style="list-style-type: none"> ○ Shoot ○ Pass or Dribble forward or hold the ball ○ Create passing options ○ Support the attack ○ Create 2v1 or 1v1
<p>Play 2 20 min</p>	<p>Play 2: - 3v3, 4v4 or 5v5: 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 goalkeepers will be used.</p>		