

Season: **Winter 2020**

Program: **TDC**

Week: **3**

Topic: **Dribbling and Running with the Ball**

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 10 min</p>	<p>Ball Mastery 3: In a 20Wx30L square divided in three zones. Each end zone is 7 yards long and a middle zone about 16 yards long. Players will perform the following tasks: 1. 8 inside taps, run with the ball to the other side. 2. Inside, outside, inside, outside, inside, outside, run with the ball to the other side. 3. Inside, inside, roll - Inside, inside, roll, run with the ball to the other side. 4. Laces, laces, drag back - Laces, laces, drag back, run with the ball to the other side.</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 14 min</p>	<p>2v1 to 2 Goals and a Counter Goal: In a 15Wx20L yard grid play 2v1. <ul style="list-style-type: none"> • The dribbler and his/her partner enters the grid to score by dribbling through one of the two opponent's goals protected by a defender. • The player who dribbles the ball through the goal becomes the defender and a new attacking team comes in. • When the defender gets the ball, he/she scores by dribbling through the counter goal. </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>		