

Season: **Winter 2020**

Program: **TDC**

Week: **5**

Topic: **Dribbling and Turning 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 10 min</p>	<p>Ball Mastery 5: In a 7Wx7L square, place a player at each side with a ball. Players will perform the following tasks: 1. Inside taps going forward, at the line turn with the inside of the foot. 2. Using only one foot to go forward. Inside, outside, inside, outside, at the line turn using the outside of the foot. 3. Tap the ball forward with the sole of the foot, at the line drag the ball back.</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>1v1 Running and Turning: In a 8Wx15L yard grid divided into two boxes of 4x7 yards each with goals on one side. <ul style="list-style-type: none"> • The Red player passes the ball to the yellow. • The Red player runs around the yellow attacker to get goal side. • In order to score, the dribbler needs to perform a turn in the second box (orange cones). After the turn, the player can score in either of the two Red goals. • After all the Red team players have attacked, allow the White team to start with the ball. • Teams keep score. </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>		