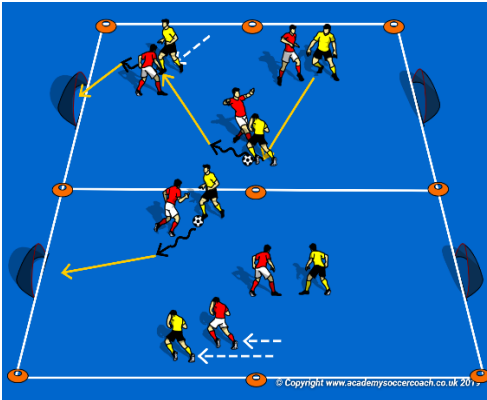
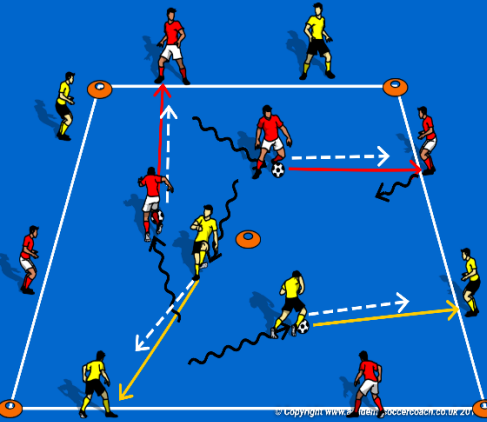
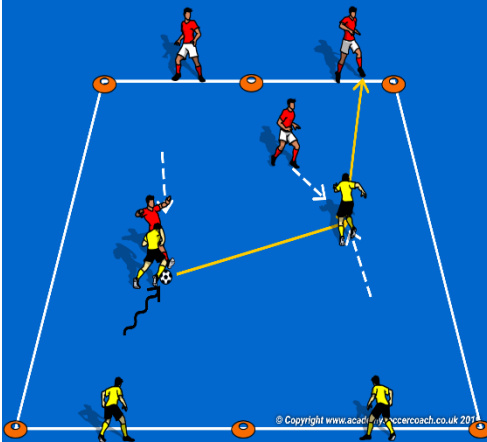


Season: **Winter 2020**

Program: **TDC**

Week: **7**

Topic: **Dribbling and Turning 2**

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>Pass Receive and Move: Two even groups in 20Wx30L grid.</p> <ul style="list-style-type: none"> • Players in the middle pass the ball to the players on the outside and take their place on the outside. • The player on the outside who receives the ball, dribbles past the middle cone and then connects a pass to a different player on the outside. 		<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 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>2v2 Reloading to 2 Targets: Play a 2v2 game in a 20Wx30L yard grid with 4 target players placed in between the cones.</p> <ul style="list-style-type: none"> • The players inside the grid will score points by passing the ball to either of their target players in between the cones. • When the target receives the ball, then both target players enter the field to play against the team that just scored while the other two take their place as targets. 		<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>		