



## Week 3

### Dribbling-Escaping Pressure

**Activity 1: Individual Ball Warm Up 1**  
Focus: Dribbling



1. Area 20 x 20 yds
2. Ball per player
3. Cones

#### Objective

Players have a ball each. Set the players tasks - don't let the ball stop moving! Don't let the ball go outside the area. Progress to having the players react to the coach's commands. Toe taps, boxes, stop and go, change balls, etc.

#### Coaching Points

1. Keep the ball moving at all times
2. Soft touches and keep head up
3. Move into the open space

**Activity 2: Escape Move - Drag Back**  
Focus: Dribbling, Creating Space



1. Area 30 x 20 yds
2. Ball per player
3. Cones

#### Objective

One ball per player in an open grid to begin. Isolate the skill by performing on-the-spot. Dribbling forward, stop the ball with the sole of the foot and roll the ball back down the side of the body then dribble back. Progress to: 1) Performing the skill on the move, 2) 1v1 passive defending, 3) 1v1 active defending 4) Game with gates, 5) Small sided game.

#### Coaching Points

1. Several touches on the ball with the sole
2. Sell the move to the defender
3. Accelerate away after the move

**Activity 3: Antz Nests**  
Focus: Dribbling, Turns



1. Area 20 x 20 yds
2. Ball per Player
3. Cones
4. Training Vests

#### Objective

Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

#### Coaching Points

1. Quick turns and dribble
2. Look around to see which groups are closest to winning
3. Stay upright when competing for a ball

**Activity 4: Game**  
Focus: 3V3



1. 2 goals, cones can act as goal
2. 20X20 Area

#### Objective

Finish off practice with little coached game. try to get players to incorporate practice into scrimmage by offering points.

#### Coaching Points

1. Encourage practice points

