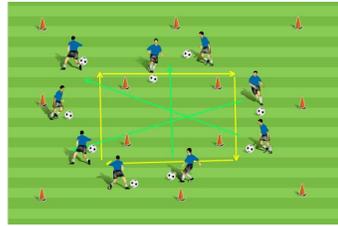




Week 4 Dribbling

Activity 1: Two Squares
Focus: Dribbling, warm-up



1. Area: 30 x 30
2. Ball per player
3. Cones
4. Speed rings
5. Training arches

Objective

Inside the area set up a 10*10 yard square in the center (No-man land). Players are dribbling around the square in either direction – avoiding entry to the center square. When the coach blows the whistle, the players dribble the ball across the no-man land. Teach turns and on the command of 'turn' the players change direction.

Coaching Points

1. Dribble with the laces
2. Head up to avoid collision
3. Turn and accelerate into space

Activity 2: Recreation-U5-U6
Focus: I can do something you can't



1. 15 X 15 Area
2. Balls
3. Cones

Objective

Bring players in and ask them if they can copy your movements
Stand on one foot
hop on one foot
hop on 2 feet
skip
cart wheel
Make up any movement you can think of
Can you add a ball?

Coaching Points

1. Balance
2. Copying
3. Dribbling with the ball inside circle of error

Activity 3: Recreation-Dribbling
Focus: Tag and Hospital Tag



1. Cones
2. Balls
3. Pinnies

Objective

TAG
In a confined area, all players with a ball except the designated "IT" player. The "IT" player tries to tag other players while all are dribbling.
HOSPITAL TAG
Each player dribbles the ball in a confined area. When the player is tagged by the player who is "IT", they must hold the body part touched. If a player is tagged twice, they must go to the hospital, perform a task (5 situps, 10 pendulums, etc.) and return to the game.

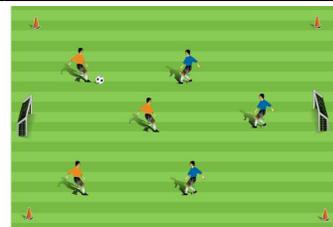
Variations:

Reduce Size of Space
Number of players "IT"

Tagged three times before going to the hospital "IT" player(s) use ball

Coaching Points

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

