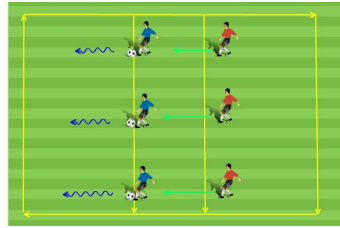




# Week 6 Dribbling

## Activity 1: Recreation-Dribbling Focus: Crows and Cranes



1. Cones
2. Pinnies
3. Balls

### Objective

Divide the team into two groups. When either team is called, they must dribble to the end line while being chased by the other team (without balls). The score is the number of players caught.

Variations:

Vary the size of the space

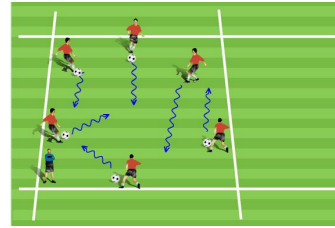
Vary the starting distance between the two teams

Place a defender in each end in front of the safety zone

### Coaching Points

1. Use coaching points for speed dribbling
2. The first touch to break out from the confined space should be longer
3. The player should be using the instep or the outside of the foot

## Activity 2: Recreation-Dribbling Focus: Dribbling variations



1. 25 X 25 Area
2. Balls
3. Cones

### Objective

## Activity 3: Cops and Robbers Focus: Dribbling



1. 10 x 15 yard grid
2. Soccer balls around the outside perimeter of the grid
3. Supply of balls
4. Cones

### Objective

Two players are "the Cops" and have soccer balls. Coach says, "Let's catch some Robbers!". The cops attempt to kick their soccer balls at the players who do not have soccer balls (Robbers), who run around in the grid trying to avoid getting hit (caught).

### Coaching Points

1. Fun
2. Challenging
3. Changing speed and direction
4. Kicking accuracy

## 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

