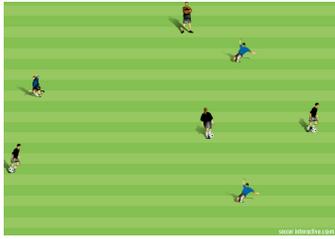




Week 1 Dribbling

Activity 1: Crab Soccer Focus: Dribbling



1. 20 x 25 playing field
2. Goals with nets
3. Group of players
4. Cones
5. Large supply of balls

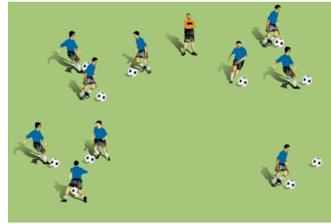
Objective

Every player dribbles a soccer ball from one side of the square to the other side without getting tagged by the "crabs", who will be in the crab position. If the player is tagged in the central area, they too become crabs. The last player tagged would be the winner.

Coaching Points

1. Head up while dribbling
2. Bend knees and stay on balls of feet
3. Lots of touches to ensure close control

Activity 2: Math Dribbling Focus: Dynamic Activity



1. Open playing area
2. One ball per player

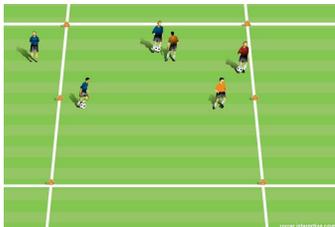
Objective

All players dribble interactively. When the coach shouts out a number, the players must quickly get into a group with that number of players in it. For example, if the coach shouts out, "Three!" the players must form groups of three (3) as fast as they can.

Coaching Points

1. Keep ball close and under control
2. Cooperation
3. Listening

Activity 3: Bunny Hop Tag Focus: Dribbling



1. 20 x 25 playing field
2. Group of Players
3. Cones
4. Large Supply of Balls

Objective

All players dribble soccer ball in a designated area. Coach picks 2 -3 players to "tag" with out a ball. Players with out the balls are "Bunnies" and must hop like a "bunny" and try to tag players.

Coaching Points

1. Bend knees and stay on balls of feet
2. Lots of touches to ensure close control
3. Keep head up to examine space

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

