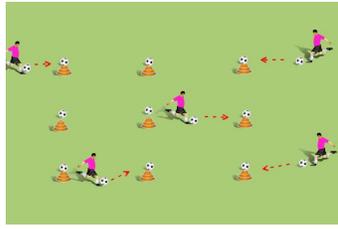




Week 3 Dribbling

Activity 1: Storm the Castle Focus: Dribbling & Attacking



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

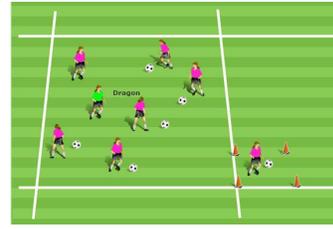
Objective

Players have a ball each and must dribble around the area. In the area are soccer balls placed on cones (The Castle). The players aim to strike their ball against the Castle in order to knock the ball off. The aim is to see how many balls can be knocked off the castles in 1 minute. Castles are worth 1 point each.

Coaching Points

1. Keep ball close
2. Keep head up
3. Strike ball with laces and lock ankle

Activity 2: Shrek Focus: Movement skills, Dribbling, turns



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

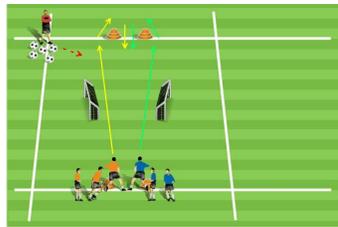
Objective

Each player (Shrek) has a ball and moves around the area (Castle) looking for Princess Fiona. The dragon (coach) enters the area and attempts to kick the balls out of the area. If the ball leaves the area, Shrek must collect the ball and go to the 'Swamp' to perform a turn before entering back into the castle. Change the dragon regularly. Story: "Shrek the ogre has been sent by Lord Farquaad to find Princess Fiona - however, the fierce dragon is guarding the castle!"

Coaching Points

1. Become part of the story and have fun
2. Protect the ball by moving body between the ball and defender
3. Keep balls close by

Activity 3: Treasure Chest Focus: Dribbling, Attacking, Defending



1. Area 20 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

Split group into two even teams. Players stand in teams opposite the coach 20 yds away with a pile of balls. Two small goals (Treasure Chest) are placed 10 yds between the players and the coach facing towards the outside of the square. Goals are sufficiently spaced to create a lane for players to run between. On the coach's command, players sprint to a cone placed near the coach. Players round the cone and the coach drops one ball (Treasure). Players compete to score in either goal.

Coaching Points

1. Beat the defender using various moves
2. Take a chance on goal
3. Be creative

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

