

## Week 4 Dribbling

### Activity 1: Recreation-Dribbling Focus: Speed Dribbling



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

#### Objective

Divide the players into three groups. Assign each group a number (1, 2, 3). Create a confined area with cones (15x15). Around the area, about 15-20 yards away, set about 10 cones. Begin play, all three groups are playing tag inside the area. When the coach calls a number, that team leaves the area and goes around one of the outside cones as quickly as possible.

#### Variations:

Change the distance of the outside cones Change the game played inside the confined space

Restrict the number of touches a player may use to get around the outside cone and come back

#### Coaching Points

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



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

#### Objective

Touch the ball from the inside of one foot to the inside of the other.

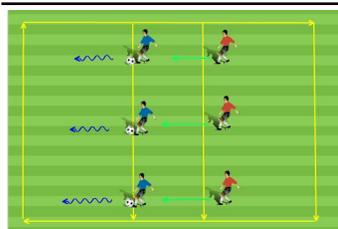
#### Variations:

Challenge the players to see how far apart their feet can go. How quickly can the players touch the ball?

#### Coaching Points

1. Keeping feet shoulder width apart
2. Keep knees bent
3. Lower center of gravity
4. Keep body over the ball

### Activity 3: 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

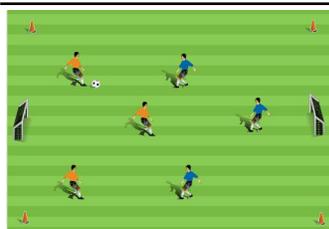
Vary the starting distance between the two teams

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 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

