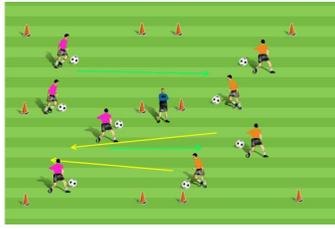




Week 8 Dribbling

Activity 1: Shark Attack Focus: Dribbling, turns



1. Area 30 x 10 yds
2. Ball per player
3. Cones
4. Training Vests

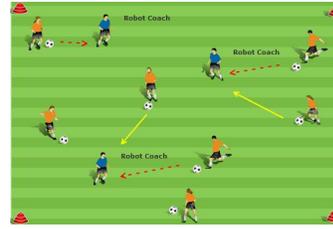
Objective

Cone off an area in the center – 5 yards wide and the width of the area (this area represents the ocean). 4-6 players on a desert island on each side of the ocean – dribbling the soccer ball. Coach is in the ocean – on all fours. When the coach shouts "ISLAND HOP", the players have to cross the ocean without being tagged by the shark.

Coaching Points

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

Activity 2: Runaway Robot Coach Focus: Dribbling, Shooting



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

Objective

Players have to strike their ball against the Robot coach in order to take the coach down piece by piece.

Coaching Points

1. Non kicking foot next to the ball
2. Lock your ankle
3. Use your laser laces to strike the centre of the ball
4. Follow through towards target

Activity 3: Countries of the World Focus: Dribbling, turns



1. Area: 30 x 30 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

Coach asks players to name a country they have visited – select three and name one inside box for each country. Separate the group between the three countries and give each player a training vest (one color vest for each country). First without the ball and then add a ball per player.

Coaching Points

1. Become part of the story and have fun
2. Keep balls close by
3. Quick response to instruction

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

