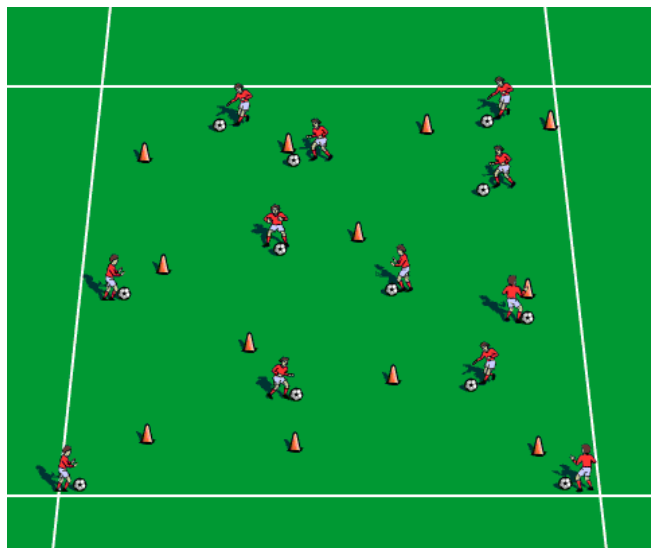




Curriculum – Technical / Skill

Activity # - 303

Topic:	Dribbling	Age:	7 to 9
Section:	Warm up	Ability Level:	Travel
Learning Outcome(s):	Use all surfaces of both feet to move ball in a variety of directions		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 1 ball per player

Instructions:

1. Players have to dribble around a marker to score a point
2. After fully rounding a marker, players can then move to another marker to score
3. Players can not score at the same marker twice in a row
4. Players are only allowed to use one surface to control the ball, e.g. inside, outside, sole, laces
5. Players play for one minute for each surface, and count their own scores
6. Players are then given one minute to use all surfaces, and try to beat their own record

Coaching Points:

1. Controlled approach
2. Timing of move – just outside tackling radius
3. Body shape – low centre of gravity
4. Change of speed and direction

Progression/Regression:

1. P – Players can only round each marker once, and must use them all before repeating
2. P – Any collision with another player / ball resets both players to zero points
3. P – Have less markers than players to increase traffic
4. R – Have more markers than players to reduce traffic