**Topic: *Dribbling for Possession***

**Objective: To improve dribbling and shielding technique**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Technical Warm up** |  |  | **Organization** |  |  | **Coaching Pts.** |  |  |
|  | **Technical Box:** |  |  |  |  |  Keep the ball close |  |  |  |
|  | All players dribbling in a defined space. |  Use all surfaces of the foot |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | Players should use all surfaces of their feet. | o Inside/outside |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Coach:** Prompt players to work on change of | o Sole |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | direction, scissors, fake left/go right, step over | o Laces |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | and turn, pull back, half-turn, sole of the foot |  Keep your head up and use |  |
|  |  |  |  |  |  |  |  |  |
|  | rolls when he claps, “change”, “turn”, etc. | peripheral vision |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | **Version 2:** Walk around and put pressure on |  Change of direction and burst |  |
|  | the players. |  |  |  |  |  |  |
|  |  |  |  |  |  | of speed |  |  |  |  |  |
|  | **Version 3:** Players will try to knock each |  |  |  |  |  |
|  |  Be creative – | try | something |  |
|  | other’s soccer balls out of the grid while |  |
|  | new |  |  |  |  |  |
|  | maintaining possession of their own. |  |  |  |  |  |
|  |  | **Time: *15 minutes*** |  |
|  |  |  |  |  |  |  |  |  |  |
| **Small Sided Game** |  |  | **Organization** |  |  | **Coaching Pts.** |  |  |
|  | **Steal-Shield:** |  |  |  |  |  Body sideways on to opponent |  |
|  | Pair up | the | players | with | one | ball. One |  Use arm to protect and know |  |
|  | player starts | with the | ball | and | at coach’s | where defender is going |  |  |
|  |  |  |  |  |  |  |
|  | command, his/her partner tries to steal the |  Knees bent |  |  |  |  |
|  |  |  |  |  |  |  |
|  | ball away. The player that | ends with the |  Turn as defender attacks or |  |  |
|  |  |  |  |  |  |  |
|  | ball gets a point. If the ball goes out of | reaches for the ball |  |  |  |
|  |  |  |  |  |  |  |
|  | bounds, one of the players must get it back |  |  |  |  |  |  |
|  | in play very quickly. |  |  |  |  |  |  |  |  |  |  |
|  | **Coach:** Show proper shielding technique |  |  |  |  |  |  |
|  | during the demonstration. Fix technical |  |  |  |  |  |  |
|  | shielding errors throughout | the | activity to |  | **Time: 15 *minutes*** |  |
|  | assure that the group is doing it properly. |  |  |
|  |  |  |  |  |  |  |
| **Exp. Small Sided Game** |  |  | **Organization** |  |  | **Coaching Pts.** |  |  |
|  |  |  |  |  |  |  |  |  Identification of visual cues |  |  |
|  |  |  |  |  |  |  |  | o 1v1 no defender behind |  |  |
|  |  |  |  |  |  |  |  | o Free | space | in | front | of |  |
|  | **3v3 End-zone Game:** |  |  |  |  | dribbler |  |  |  |  |
|  | Two teams play in a defined space with each | o Near the attacking area |  |  |
|  |  |  |  |  |  |  |
|  | team attacking an end-zone defended by the |  Identification of verbal cues |  |  |
|  | opponent. Teams score points when a player | o “take space”, “time”, “take |  |
|  |  |  |  |  |  |  |
|  | dribbles | into | the opponent’s | end-zone under | him on” |  |  |  |  |
|  |  |  |  |  |  |  |
|  | control. |  |  |  |  |  |  |  Correct | shape | and | balance | of |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Coach:** | Encourage | players | to | recognize | team |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | opportunities to burst into space under control. |  Deception and disguise |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  Attack at pace and set up the |  |
|  |  |  |  |  |  |  |  | defender |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | **Time: *20 minutes*** |  |
| **Game** |  |  | **Organization** |  |  | **Coaching Pts.** |  |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team |  All of the above |  |  |  |
| Next to you |  |  |  |  |  | **Time: *30 minutes*** |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **–** **Time 10 min.** |  |  |

