**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.** | | | | | | | | | | |  |  |

