

TOPIC: Dribbling (Individual Possession)

Key:

Running without the ball

Running with the ball

Pass

<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>Moving with the ball in a confined space.</p> <ul style="list-style-type: none"> Introduce turning with the ball – outside and inside of foot, pullback and cruyff. 	<ul style="list-style-type: none"> Change direction and speed Head up Awareness of space
<p>ACTIVITY 2</p> <p>X X.</p> <p>.X X</p>	<p>1 v 1 combat</p> <ul style="list-style-type: none"> Whoever has the ball at the end wins. 30 seconds and switch partners Players should attempt to hold their ground and not run away 	<ul style="list-style-type: none"> Balance, stay low Shielding Turning away from pressure
<p>ACTIVITY 3</p>	<p>Multiple Base Game</p> <p>Play to a player in a base and take their place.</p> <ul style="list-style-type: none"> 1 ball 1v0 (Include a change of direction move) 2 balls 2v0 3 balls 3v0 3 balls 3v1 (add a defender) 4 balls 4v3 (add a couple of defenders) Every time you add a ball or a bass you remove a base. The game becomes more complex. 	<ul style="list-style-type: none"> First touch away from pressure Awareness of opponents and teammates Players in bases be ready to play
<p>ACTIVITY 4</p>	<p>4 v 4 + gk's</p> <ul style="list-style-type: none"> Play with no restrictions 	<ul style="list-style-type: none"> Team shape in possession Reinforce same points as above