



SESSION 5 - DRIBBLING - CHANGE OF SPEED

ACTIVITIES

Warm-up

- A. Start with a basic dynamic stretching educating program. Teach players the parts of the body (ankles, calves, thigh, hamstring, lower back, shoulders and neck), which need to be properly warmed prior to physical activity.
- B. Players juggle in a seated position. Challenge them to establish and break their personal record.
- C. Players throw their ball into the air, sit down, stand up, control the ball and speed dribble 5 yards.
- D. Same as above except the players do a forward roll before controlling the ball and sprinting 5 yards.
- E. Players throw their ball into the air, control it and then quickly turn and sprint 5 yards in the opposite direction.

Technical Emphasis (Dribbling)

- A. In pairs, stand face-to-face between two balls about 10 feet away. One player is the mover, the other the shadow. The mover attempts to touch either ball by hand after losing his shadow. Fakes, change of speed, etc. are used to lose the shadow. Allow the activity to continue 30 seconds and then change roles.
- B. Seat half your group in a defined area. The other half should be at one end of the grid with balls. On your signal, players dribble through the grid trying to avoid the seated defenders. Initially keep defenders stationary and later allow them to move like crabs.
- C. Have all players dribble in and out of each other in a confined area 25 yards from the goal. Each player has a number between 1 and 5. Randomly call a number. Players called burst out of the area to take a shot on goal, retrieve their ball and get back to the dribbling area. Use a goalkeeper or an open net.

EMPHASIS/COACHING POINTS

Technical Emphasis

- A. Lateral movement and balance are the main goals. Body fakes and bursts of speed are developed. Remember to change the speed of play.



SESSION 5 - DRIBBLING - CHANGE OF SPEED

ACTIVITIES

Small-Sided Games

- A. Set up grids suitable for 3 v 3. Place four cones with a ball balanced on it randomly at both ends of the grid. Play 3 v 3 with the goal of knocking the opponent's cones over. The first team to knock over all four cones is the winner.

Group Activity

- A. Using half the field set up a defensive group including a few midfielders in front of a full-sized goal. The offensive group tries to score on the full sized goal while the defenders attack two small goals placed near the sidelines at midfield.

COACHING POINTS

Small-Sided Games

- A. Attacking in threes concentrates on the idea of near and far support to the ball

Group Activity

- A. Discuss movement to open space and defensive cover and support.