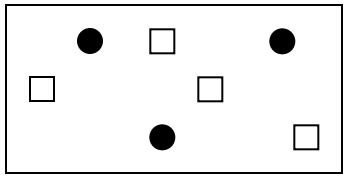
Name: Matt Callahan Topic: Dribbling - Speed Date:

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	▪ Everyone with a ball in a 15-x-20 yard area ▪ Placed randomly in the area are disc cones – one less than # of people ▪ Players moving and dribbling in area ▪ On coaches command, players must dribble to one of the cones ▪ Whoever doesn't get to cone must do a task **Progressions:** For the last round start taking cones away each time. As players don't get to a cone they get to start stretching while the other finish the game	▪ Head up to read game ▪ Ball is pushed farther out in front ▪ Use the instep and outside of the foot
MATCH RELATED ACTIVITY	▪ Everyone with a ball on one touchline ▪ Two players are defenders and start 5-10 yards behind everyone else ▪ When players lose their ball, they must be a defender as well ▪ Repeat till everyone has lost their ball **Progressions:** Players become defenders if a defender kicks their ball away. Players become defenders if they are touched anywhere. Specify how players must dribble.	▪ Head up to read game ▪ Ball is pushed farther out in front ▪ Use the instep and outside of the foot ▪ Shield ball from opponent
MATCH RELATED ACTIVITY	▪ Play 4v4 in a 70-x-50 yard area ▪ Players start out in a 15 yard zone in the middle of the field ▪ After a predetermined number of passes a team can play a diagonal ball in which one player can run to **Progressions:** To add pressure, allow the farthest defender to give chase	▪ Head up to read game ▪ Ball is pushed farther out in front ▪ Use the instep and outside of the foot ▪ Cut towards center of field to cut off angle
MATCH CONDITION GAME 4v4	▪ Play 4v4 ▪ No restrictions on players	▪ Observe to see if session has improved player's ability to dribble with speed