

Topic: Recreational 4v4 - To introduce dribbling with all parts of both feet

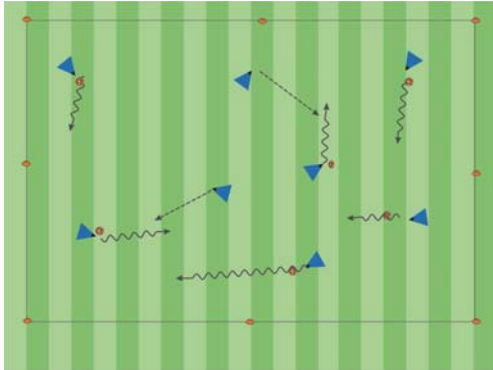


Objective: To explore using all parts of both feet to move the ball

Player Actions: Dribbling

Initial Play Phase - 10-12 Minutes

Please read the play-practice-play document for more information



Objective:

To dribble with all parts of both feet while not running into other teammates.

Organization:

In your half field. Start with everyone with a ball. Introduce dribbling with all parts of both feet, via their own exploration. After introducing all parts of both feet, have remove two player's balls from the field. They now have to win a ball from someone else, if they do, the person that lost it now goes and finds someone else's ball to steal.

Coaching Points/Guided Questions

What part of the foot can you dribble with? Show me.
How do you keep from running into someone else? Keep your head up while dribbling.
What happens if you dribble with your toe? Heel? Is that easy or hard?
Is it easier to dribble in tight spaces with the inside and outside or the laces? Inside/Outside



Objective:

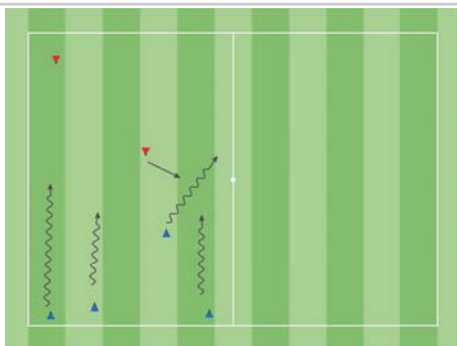
To dribble with all parts of both feet and explore turns or stops naturally

Organization:

Space should be half field that you are using usually. All players with a ball. Coach is in charge of red light, yellow light, green light. Coach moves so the players have to turn with their ball. When stop, have them use the bottom of their foot. Have them try inside only, outside only, bottom only, etc.

Coaching Points/Guided Questions

What part of the foot is it easier to stop the ball with? Bottom
Is it easier to stop the ball if it is close or far away while dribbling? Close
How do you see where the coach is if he/she is moving? Keep our heads up while dribbling



Objective:

To dribble in a specific direction while trying to keep possession of your ball.

Organization:

In your half field, all players on one sideline. You can start as the robber or have players play the robber right away. If their ball gets stolen by the robber, they become a robber and put their ball outside of the area. Last cop in, wins!

Coaching Points/Guided Questions

How do we know where the robber is? Head up
If we have space, what part of the foot should we use? Laces (pinky toe)
If we are in a tight space, what parts of the foot are best? Inside, Outside, Bottom

Final Play Phase - 10-12 minutes

Play even numbers (3v3 or 4v4) in a game-like environment. Limited coaching interruption. Teach rules of the game.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4, 7v7, 9v9 or 11v11 This session is for 4v4

Moment: When a player has the ball