

Topic: Dribbling

Date:

Coach:

Objective: Introduce and work on basic dribbling skills

Effectiveness: Excellent Very Good Good Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
WARM-UP (5-min) 3 cone relay	6 cones (3 per line)		Warm the body Loosen the muscles Acclimate the players
ACTIVITY #1 (10-min) Can you do this? - Throw-ins - dribble (instep/out step) - big kick down field - foot brake (pull back) - score (airplane zoom)	- 1 ball/player - imitate the coach - goal		- technique - form - control
ACTIVITY #2 (10-min) Traffic Dribbling (slow to fast) - (top of foot, instep, out step) - foot brake	- Center circle or mark off area - 1 ball/player - ears - feet - no hands (carrot)		- Work on basic dribble skills - focus on getting it right, not speed - listen follow commands
ACTIVITY #3 (10-min) Dribble Across the Square - divide players equally on all four sides of square. - on "go" have them dribble across square to opposite side and back (walk) w/out colliding	- 1 ball/player - marked off area - cones - feet - ears - no hands (carrot) - first to "5" wins		- ball control - keep it close - head up - avoid collision - change of direction
SCRIMMAGE (10-min) 3v4 small sided	- ball per side		