

**Topic:** Dribbling/Passing

**Date:**

**Coach:**

**Objective:** Introduce and work on basic dribbling and passing skills

**Effectiveness:** Excellent

Very Good

Good

Poor

| ACTIVITY                                                                                                                                                                                                                           | SETUP                                                                                                                            | DIAGRAM | KEY POINTS                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------|
| <b>WARM-UP (5-min)</b><br><b>Traffic Dribbling</b><br>- instep, outstep, laces<br>- hook, chop, foot brake<br>- change of speed                                                                                                    | - Every player with a ball<br>- dribble in defined space (i.e. center circle or area marked off by cones)                        |         | Warm the body<br>Loosen the muscles<br>Acclimate the players<br>Head up<br>Proper footwork                         |
| <b>ACTIVITY #1 (10-min)</b><br><b>Pirates of the Pugg</b><br>- every player but 3 with a ball<br>- players w/out ball are Pirates (they try to steal ball and kick it into little net in the center. They then become Pirates too. | - Defined area for all players (not too big of a space)<br>- mark off the area with cones                                        |         | - possess the ball<br>- change direction<br>- head up                                                              |
| <b>ACTIVITY #2 (10-min)</b><br><b>Frogger</b><br>- 1 frog in the middle<br>- as players dribble from one side of a defined space to the other, the frog must HOP and tag a dribbler. Once tagged a new frog is added               | - defined space of about 20X20yds<br>- players dribble across trying to avoid the hopping frog<br>- if tagged they become a frog |         | - All of the key point above                                                                                       |
| <b>ACTIVITY #3 (10-min)</b><br><b>Scrimmage</b>                                                                                                                                                                                    | - one ball<br>- divide players equally<br>- use this time as key instruction on positions and teamwork<br>- let them have fun    |         | - ball control<br>- encourage passing<br>- head up<br>- pass w/inside of foot (not toe)<br>- call for the ball etc |
| <b>SCRIMMAGE (10-min)</b>                                                                                                                                                                                                          |                                                                                                                                  |         |                                                                                                                    |
| <b>Devotional (5-min)</b>                                                                                                                                                                                                          |                                                                                                                                  |         |                                                                                                                    |

