

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
WARM-UP (5-min) Traffic Dribbling - inside, outside, laces - hook, chop, foot brake - change of speed	- Every player with a ball - dribble in defined space (i.e. center circle or area marked off by cones)		- Warm the body - Loosen the muscles - Acclimate the players - Head up - Proper footwork
ACTIVITY #1 (10-min) Hit the Coach - Players try to pass (strike ball w/inside of foot and hit the coach) - players get 1 point for every time the coach is hit - see who has the most points	- Defined area for all players (not too big of a space) - every player with a ball		- dribble the ball - change direction - head up - make good pass to hit coach
ACTIVITY #2 (10-min) Hitters and Dodgers - 3 players with a ball are the "hitters" - all other players are "dodgers" - hitters pass the ball and attempt to hit dodgers - if hit dodgers become hitters	- defined space of about 20X20yds - 3 hitters with a ball		- All of the key point above
ACTIVITY #3 (10-min) Scrimmage	- two ball - divide players equally - use this time as key instruction on positions and teamwork - let them have fun		- ball control - encourage passing - head up - pass w/inside of foot (not toe) - call for the ball etc
Devotional (5-min)			

