

Topic: Dribbling/Goal Keeping

Team: STORM

Coach:

Objective: Reinforce good dribbling technique and improve goalie awareness

Effectiveness: Excellent

Very Good

Good

Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
WARM-UP (5-min) Traffic Dribbling - inside, outside, laces - dribble with bottom of feet ONLY - foot brake - change of speed	- Every player with a ball - dribble in defined space (i.e. center circle or area marked off by cones)	<p style="font-size: small;">Dribbling Warm-up coach Drill: 1283</p>	- Warm the body - Loosen the muscles - Acclimate the players - Head up - Proper footwork
ACTIVITY #1 (10-min) 3-Cone Relay - 2 teams of players compete in cone dribble relays - Race #1 players dribble around en-cone and back (1 at a time) - Race #2 players zig zag in and out of cones down and back	- divide players into 2 teams - 3 cones - 1 ball per team - parent help or assistant coach to help with one of the lines		- dribble the ball - change direction - head up - speed and control
ACTIVITY #2 (10-min) The Goalie Challenge	- 2 goals - pair players into 2 teams - first goalie to score wins challenge	<p style="font-size: small;">20-30 yds.</p>	- use body - use hands to keep ball in front - secure the ball
ACTIVITY #3 (10-min) Scrimmage	- 2 teams - 2 balls	<p style="font-size: small;">SOCCERXPERT Shooting & Finishing Game 1300</p>	- same as above
Devotional (5-min)	Proverbs 13:13	"He who guards his lips guards his life, but he who speaks rashly will come to ruin."	