

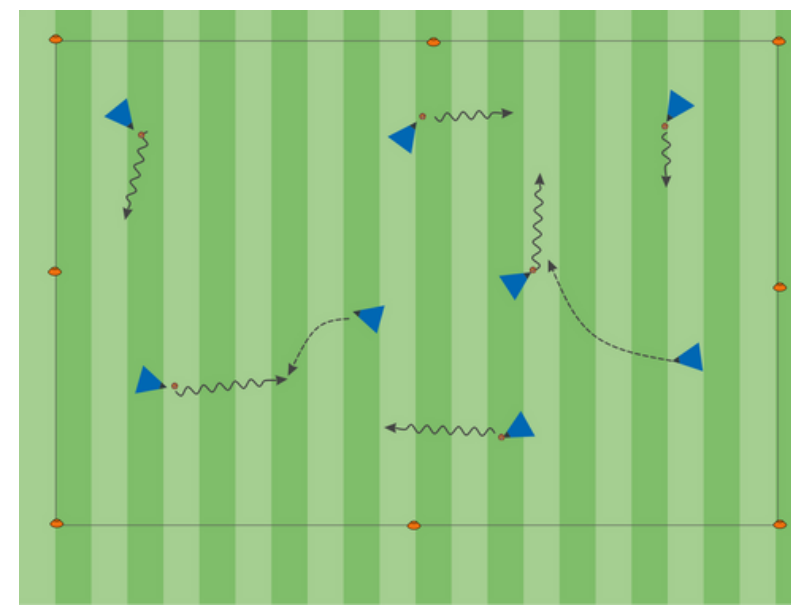
6 STEPS TO WEEK 4

Dribbling to Keep the Ball



1 START WITH PLAY!

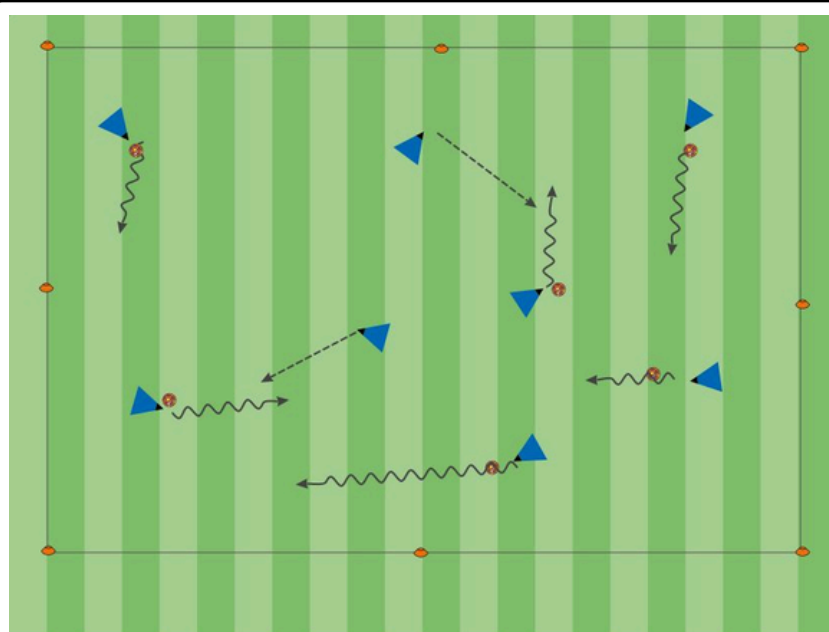
Club-wide implementation of play-practice-play methodology. Play as kids arrive. With youngest groups, they can play by themselves scoring in both goals with coach as an obstacle/defender to guide



2

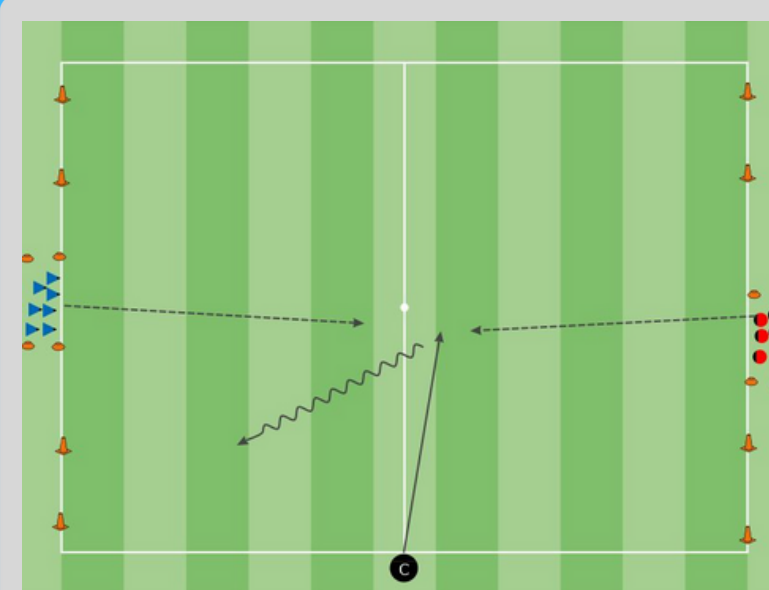
Dribbling - Add Bandits!

Using the 20x30 from the first play phase. All players with a ball. Dribble however you would like! Once warm - Take away two balls (or two coaches without a ball to start). If you have a ball, you want to keep it and if you don't have a ball, you want to get one. After a min... who doesn't have a ball?



3 SHARKS AND MINNOWS...

Players with balls in one end zone... try to beat the minnows and dribble to the other end zone. Sharks can be coaches, or players.



4

1v1 - four goals

Two groups on separate ends. Coach plays a ball. First player to it, tries to score in EITHER goal. Count your team goals! Where is the defender? Where is the space?



5

END WITH PLAY!

Even with our youngest ages, we should start guiding 3v3 play. Guide when the ball is out. Ask:

- Who kicked it out?
- Who gets to kick it in?
- Where is space?
- Which goal do we score in? Defend?



6

RECAP - DID WE HAVE FUN TODAY?

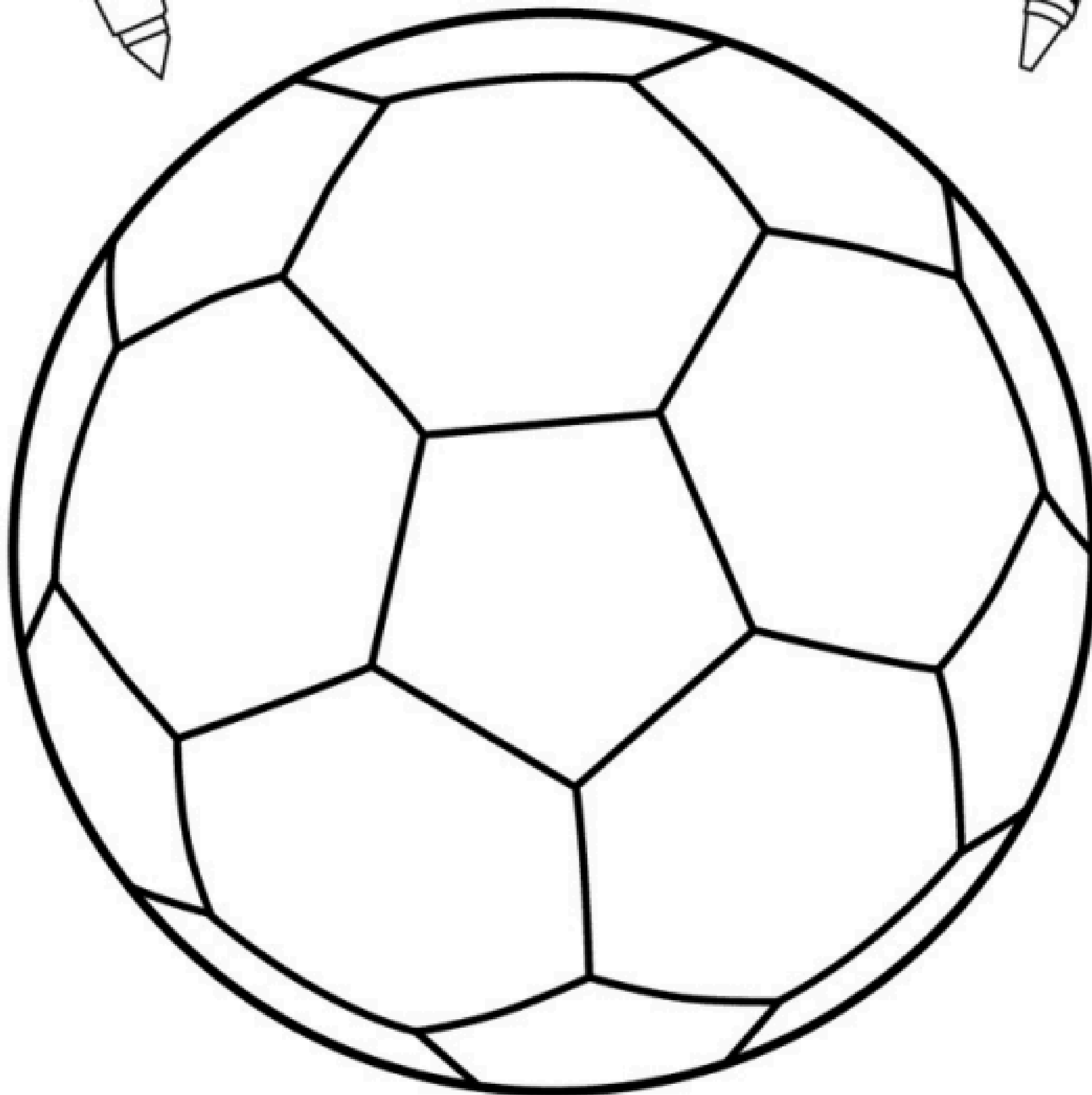
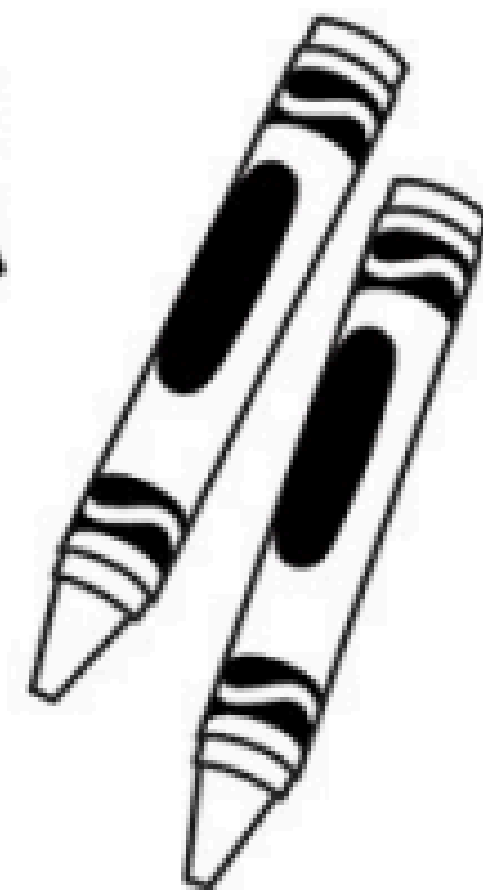
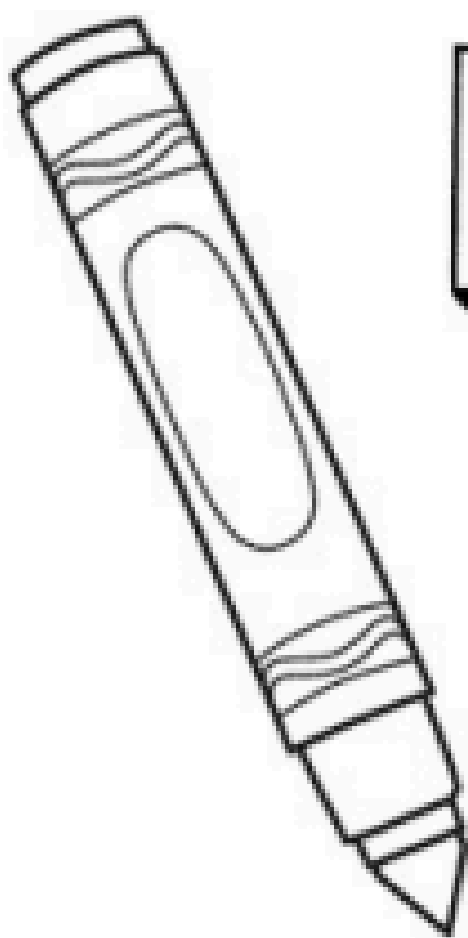
Some questions to ask the players today:

- Did you have fun today?
- Can anyone tell me one thing they got better at today?
- Are you excited for next week?



FUNdamentals - Week 4

DESIGN YOUR OWN BALL!



Dribbling to Keep the Ball

How does dribbling to keep the ball differ from other types of dribbling?

In week four, players are asked to dribble to keep the ball. When we are dribbling to keep the ball, the focus turns to space and the opposition... where is space and where is the opposition? How can we maximize these distances? How can we find the space further away from opposition? How can we keep it if the opposition is close to us? We ask questions to give the players ownership of the answer and to check for understand. Sometimes kids give answers that don't work, but we like to let them try it and then explore why it didn't work. We also like to explore when to use different parts of the feet for different applications. Some questions (and answers) we ask throughout the session to get them thinking about how to beat a defender or create enough space to shoot or pass are:

- What parts of the feet can we dribble with? (ALL)
- What part of the foot is best when we want to go fast right past a defender? (laces/pinky toe)
- What parts of the foot are good when defenders are close? (inside, outside, bottom/sole)
- How do we know where the defenders are?
- How do we know where the space is?
- How can we get to space quickly?
- If a defender is on our left, should we dribble with right or left foot?