



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Dribbling with Speed

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Place several two yard gates around the playing area * Give players 30 seconds to see how many different gates they dribble through * Progress to dribbling through, turning and dribbling back through the gate * Shorten the distance of the gates * A coach can go and stand in a gate which prevents a player from dribbling through. Coach changes gate every 5 seconds 	<ul style="list-style-type: none"> * Positive touch out of the body * Head up scanning the field * Exploring using all different parts of the foot.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Divide a 30 x 20 grid into three sections * Two teams of 4 players * 2v2 in the middle section and one player in each end section with a ball each * Players in the middle section have to make at least one pass before dribbling into an end zone. * When the player enters the end zone his/her teammate dribble out and into the middle zone * They must then attempt to dribble into the other end zone to release the player 	<ul style="list-style-type: none"> * Positive touch into space (explode into it) * Supporting player opens up the running lanes * Place body in between the ball and the defender
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 3v3 to target players * Grid size : 40 x 25 yard * Place a target player from each team at the end of the grid * Teams attempt to play the ball to a target player, as the player plays the ball to the target player they then switch roles. * The ball can either be played in as a pass or upon communication (Verbal or Eye Contact) the two players can do a take over as in the diagram * Ball can be played back to the target player 	<ul style="list-style-type: none"> * Use the instep to push forward into the dribble * First touch to take you in the direction you want to go
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6v6 game * Teams play in a 1-2-1-2 formation * Free play, cover breakdowns on when players recognize when and where to dribble 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Cone/Disc </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;"> = Dribble </div> <div style="text-align: center;"> = Pass </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;"> = Movement </div> <div style="text-align: center;"> = Ball </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;"> = Goal </div> </div>