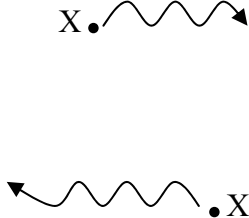
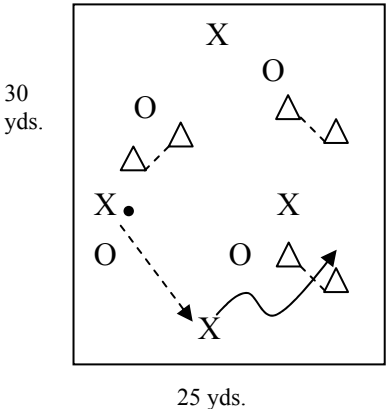
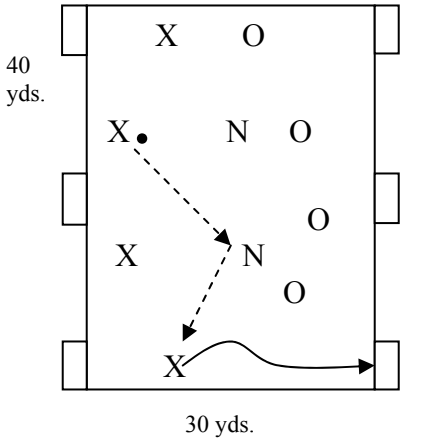
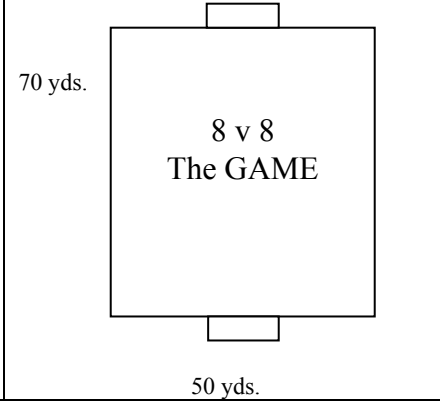


Topic: **Dribbling to Penetrate**

Organization	Variations	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Technical dribbling. Each player with a ball (define area if necessary). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Keep it innovative, demanding and realistic.</li> <li>▪ Vary demands on the players. For example: right foot only, left foot only, turning, etc.</li> <li>▪ Implement Coerver feints and moves.</li> <li>▪ Add disc cones as opposition in area.</li> <li>▪ Add 2-3 defenders to area for added pressure. If the defender wins the ball, the players reverse roles.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics and technique</li> <li>✓ Body shape, agility and balance</li> <li>✓ Contact surfaces of the foot</li> <li>✓ Change of direction and speed</li> </ul>
<b>Match Related 1</b>			
<p>4 v 4 (25 x 30 area or as needed). Add 3-4 small goals (cones or corner flags) inside the area.</p>	<ul style="list-style-type: none"> <li>▪ Two teams of four players each can score by dribbling the ball through one of the goals.</li> <li>▪ Team scoring a goal attempts to keep possession and score through [another] goal.</li> <li>▪ Add a neutral player if necessary to increase success for the attacking team.</li> <li>▪ Play to a determined number of goals or allotted time. Rotate teams.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Role of the 1<sup>st</sup> and 2<sup>nd</sup> attacker (penetrate and support)</li> <li>✓ Deception and disguise</li> <li>✓ Setting up the defender</li> <li>✓ Protecting the ball</li> </ul>

Topic: **Dribbling to Penetrate**

<b>Match Related 2</b>			
<p>4 v 4 + 2 to 6 small goals (30 x 40 area or as needed). Neutral players play for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ Define direction for each team.</li> <li>▪ Team in possession scores by dribbling through one of the opponent's goals. Award (2) points for penetrating through a goal and (1) for penetrating across the end-line.</li> <li>▪ Limit neutral players to one or two touch; encouraging players to use them only when necessary.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Angles, distance and timing of supporting players</li> <li>✓ Awareness of space and time</li> <li>✓ Speed of thought and general decision making</li> <li>✓ Visual and verbal communication</li> </ul>
<b>Match Condition</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible formation 2:3:2</li> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Correct shape and balance of team</li> <li>✓ Creativity and instinctive play</li> <li>✓ Tactical implications of technique</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>