

Topic = Turning & Dribbling

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Place a cone in the middle of a 12 x 12 yard grid * Players stand in each corner with a ball * Players dribble to the middle execute a turn and dribble back to the disc * Players execute the same turn at the disc and dribble back to the middle cone * Players change the turn every 10 attempts 	<ul style="list-style-type: none"> * Enter the middle slowly * Leave appropriate space in between target and ball * Bend knees * Exaggerate the body movement * Accelerate out of the turn
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Place players in pairs with a ball between two * One player is an attacker the other is a defender * The players stand approximately 2 yards apart passing the ball back and forth * When the attacker opts to he/she can turn with the ball and dribble into their end zone * The defender must try and win it back and then dribble back to their end zone * Play goes back to the middle after a point is scored 	<ul style="list-style-type: none"> * Be on the balls of your feet * Disguise the turn using body movement * Good first touch out of your feet * Accelerate into the space
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Place a few number of balls than there are players in the middle zone of the grid * All the players move into the middle and turn with a ball and dribble to their end zone * Teams can not defend their end zone, but players can try and win the ball off an attacker on the field and take it into their zone * The team with the most balls in their zone at the end of a set time win a point * Progress to allow teams to defend their end zones 	<ul style="list-style-type: none"> * Once a player has turned observe the options, dribble or pass to a team-mate * Protect the ball, place body between defender and ball
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6 V 6 including Goalkeepers * Regular soccer rules 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> <li style="width: 50%;">○ = Ball <li style="width: 50%;">⚡ = Dribble <li style="width: 50%;">😊😊 = Players <li style="width: 50%;">←-----→ = Run with ball <li style="width: 50%;">-----▶ = Run w/o ball <li style="width: 50%;">🚩 = Cone/Disk <li style="width: 50%;">🏠 = Goal
<p style="text-align: center;">COOL DOWN</p>	<p>Players slowly dribble around with a ball. Stretch</p>	