



<b>Theme of Session:</b>	<b>DRIBBLING</b>
<b>Week:</b>	<b>WEEK ONE</b>

Section	Time	Games / Skills	Coaching Points
<b>(1) Warm -Up</b>	0-15	<ul style="list-style-type: none"> <li>•Fast Walk the field with the ball</li> <li>•Juggle for five minutes</li> <li>•One Touch with partner</li> <li>•Stretching Exercise in a group</li> </ul>	
<b>(2) Skill Building</b>	15-45	<p>A. Circle Dribbling</p> <ul style="list-style-type: none"> <li>- Progression</li> <li>• Right Foot only</li> <li>• Left Foot only</li> <li>• Inside of foot only</li> <li>• Outside of foot only</li> <li>• Half people gates</li> <li>• Explosion around cones</li> <li>• Inside cut / Outside cut</li> <li>• Pull back / Pull thru</li> <li>• Creative Move</li> </ul> <p>B. YALE Dribbling Game</p> <ul style="list-style-type: none"> <li>• Set up four cones, spot middle</li> <li>• Two fields if needed</li> <li>• Side cones</li> <li>• Progressions:                             <ul style="list-style-type: none"> <li>• Slow across..cone to cone</li> <li>• Slow / accelerate</li> <li>• Slow/cut/accelerate</li> <li>• On your tail</li> <li>• Creative move at middle</li> </ul> </li> </ul> <p>C. ZIG-ZIG CONE Dribbling</p> <ul style="list-style-type: none"> <li>- Basic 5 cones/5 yards apart</li> <li>- Focus on Cuts/acceleration</li> </ul> <p>A. POLE DRIBBLING</p> <ul style="list-style-type: none"> <li>- Lay out poles</li> <li>- One foot / lateral movement</li> <li>- Quick bursts</li> </ul>	<p><b><u>Posture</u></b></p> <ul style="list-style-type: none"> <li>• Arms out for balance</li> <li>• Knees bent</li> <li>• Low Center of Gravity / Stooped over the ball</li> <li>• Peripheral vision/look up</li> </ul> <p><b><u>Technique</u></b></p> <ul style="list-style-type: none"> <li>• Move the ball with all areas of the foot</li> <li>• Every step is a touch</li> <li>• Foot Speed</li> <li>• CHANGE of DIRECTION</li> <li>• CHANGE of ACCELERATION</li> </ul> <p><b><u>Other</u></b></p> <ul style="list-style-type: none"> <li>• Creative Moves</li> <li>• Explosive</li> </ul>



<b>Theme of Session:</b>	<b>DRIBBLING (page 2)</b>
<b>Week:</b>	<b>WEEK ONE</b>

Section	Time	Games / Skills	Coaching Points
(3) Small Game	45-60	<u>Four v. Four</u> <ul style="list-style-type: none"> <li>• 30 yds by 40 yds grid</li> <li>• 2 simultaneous games of 4 v 4</li> <li>• “Goal” is scored when ‘dribble’ to goal line and stop the ball</li> <li>• Switch teams after 5 minutes</li> <li>• 3 ‘rounds’</li> </ul>	Dribbling Focus
(4) Scrimmage / Play	60-75	TBD on time	
(5) Cool Down	70-75	<ul style="list-style-type: none"> <li>• Juggle</li> <li>• Light Stretching</li> </ul>	
(6) Skull Session	75-90	Law #1 - The Field of Play	