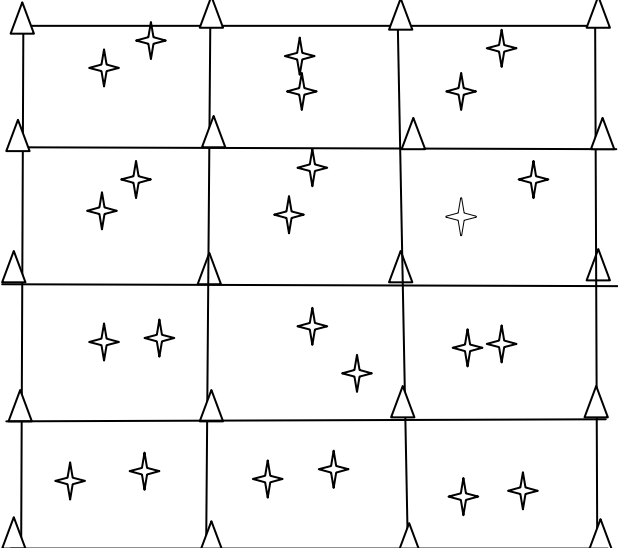
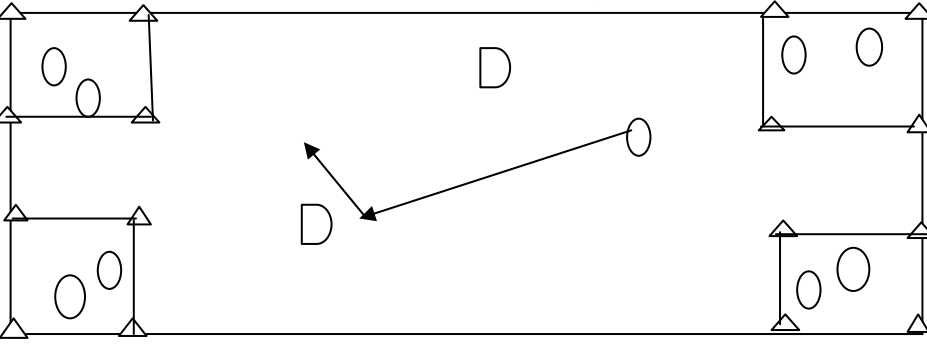
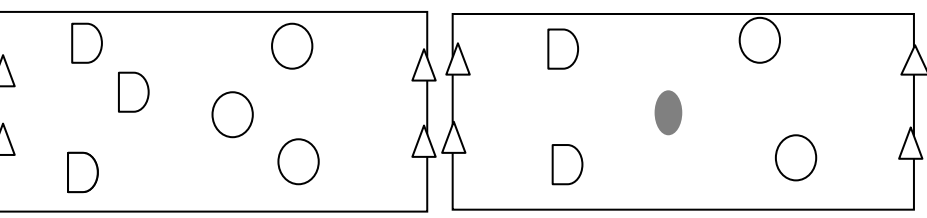



THEME OF PRACTICE: DRIBBLING

Activity	Description	Diagram	Coaching Points
<p>WARM-UP Grid dribbling</p>	<p>Dynamic Stretching Pair up in a grid that each square is 4x4 yards. A dribbling progression: Start out with 2 minutes to see how many cones you can touch. Loser will do: 4pt star/superstar!! or Something fun. Then progress to have more to do each round. At each cone do a pull back, then add to that...change direction as you go to a cone. then rake and CD to a cone, then all that with keeping ball in area, if not then you go back to 0. Keeping adding what you need to work on. Do it every practice for 2 weeks, you will see good results</p>		<p>Head up Foot position around ball(hug) Keeping ball under control Body posture up , not bent over</p>
<p>SSG</p>	<p>Players in the corner goals must advanced to the other side of field and can go to either goal. Using your inside cuts and outside cuts to possess ball. If you loose possession by dribbling out of area and or defender kicks out then 20 toe taps on ball or some other foot skill working on.</p>		<p>Head up Foot position a hugging ball</p>
<p>Expanded SSG</p>	<p>3v3 or 4v4 Must dribble forward to advance ball. Can pass sideways and drop. If you have odd #'s then make a person an offensive person the whole time or switch that person out.</p>		<p>Head up Keep ball close to feet body position on sheilding support</p>
<p>SCRIMMAGE</p>	<p>8v8: Scrimmage U12 girls, or do 5 v 5. if we scrimmage ourselves then play 5v4 with neutral player and goalie and use half field.</p>		<p>Remembering to dribble for possession Keeping head up Supporting ball</p>

NOTES FROM PRACTICE: