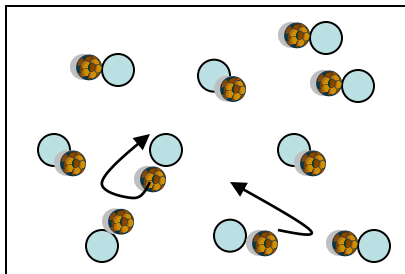




Dribbling for Possession



Objective: To improve each players ability to turn and shield the ball

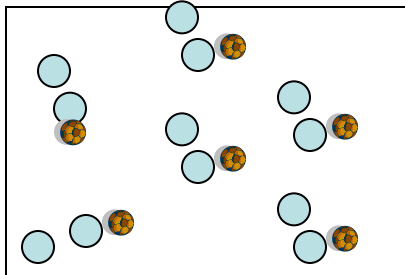


Organization

- 25x20 yard area one ball each Player turn using
1. Inside Cut
 2. Outside Cut
 3. Pullback
 4. Step over turn
- Players dribble up to another player and turn
 - Players try to kick as many other peoples soccer balls without getting theirs kicked

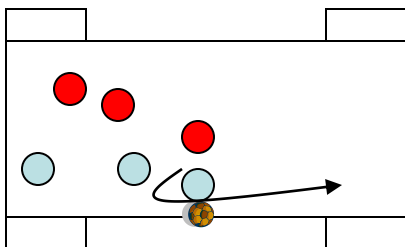
Coaching Points

- Relaxed body Bend knees
- Look before turning
- Pivot on non kicking foot
- Ball out of feet on other side
- Timing-Turn close to pressure
- Change of pace



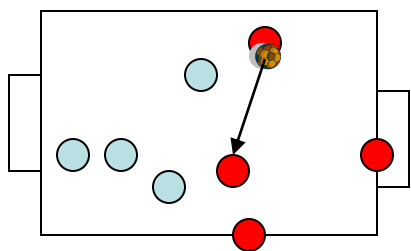
- Area 20x20 1 ball between 2 players 1v1
Coach times randomly. The player in possession of the ball gets a point
- Attacking player must walk in possession
 - Players can go for anyone else's ball
 - Reduce balls
- Divide into 2 teams -Team with most balls wins

- Shield ball over run away
- Ball on furthest foot
- Lean into defender
- Arms out for balance and awareness
- Recognition of when to turn
- Turn away from pressure



- Area 25x20 3v3 with 4 goals
Each team has 2 goals to attack and defend
Teams score 1 point for passing through goals and 3 points for dribbling through

- Turning away from pressure
- Awareness of space/weak side
- Deception



- Area 40x25
3v3
Restarts from a pass in

- Team Shape (diamond)
- Awareness of isolation
- Recognition of when to turn or shield
- Awareness of opponents