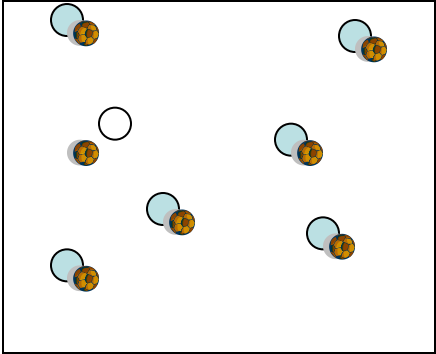
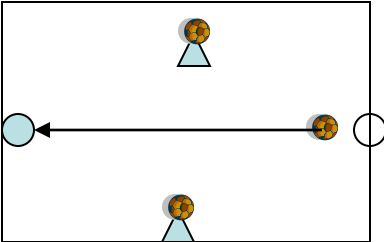
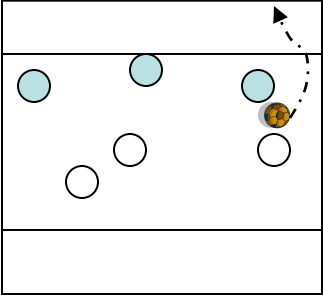
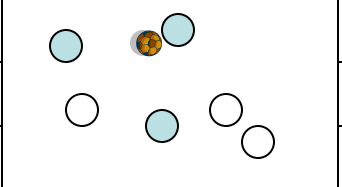


Dribbling to beat

	<p style="text-align: center;"><u>Organization</u></p>	<p style="text-align: center;"><u>Coaching points</u></p>
	<p>Area 20x20 Each player has 1 ball moving around</p> <p>Exercise 1- Stop the ball with cleats and starting with the outside/inside of foot (vary starting foot)</p> <p>Exercise 2- Stopping the ball with cleats Adding a scissors/body fake and starting with above</p> <p>Exercise 3- Have small touches of the ball and then doing faking and stopping the ball</p>	<ul style="list-style-type: none"> •Relaxed body shape •Bend knees •Deception •Foot close to ball for fake •Change of speed/direction on starting
	<p>Area 20 x 15 yards</p> <p>Two cones with a ball on top and one additional ball</p> <p>Both players score by knocking a ball off a cone with the additional ball</p> <p>Player 1 passes ball across and defends</p>	<ul style="list-style-type: none"> •Decisive •Move ball on receiving •Recognition and Creation and of weak side •When to Shield and when to attack
	<p>Area 30x20 3v3 with two five yard end zones</p> <p>To score players must dribble and stop the ball in the end zone</p> <p>Players can only pass the ball backwards</p> <p>Forward pass results in a free kick</p>	<ul style="list-style-type: none"> •Team shape •Recognition of isolation •Using team mates to fake •Recognition of space •Change of speed
	<p>Area 30x20 3v3/4v4 with two five yard goals</p> <p>Teams score 1 goal for pass in and 3 points if they can dribble through goals</p>	<ul style="list-style-type: none"> •Team Shape •Recognition of when to dribble •Awareness of space