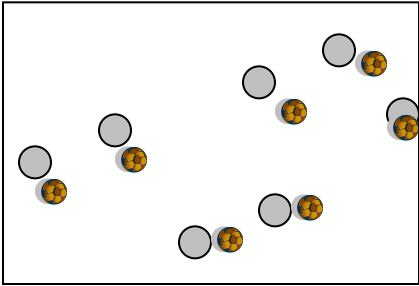
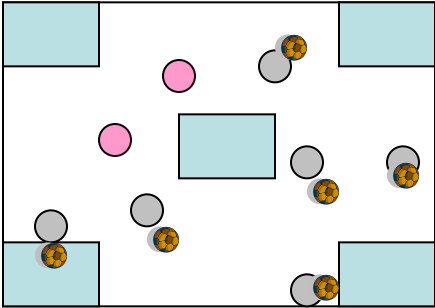
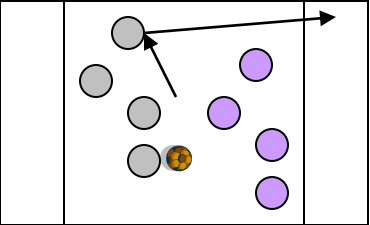
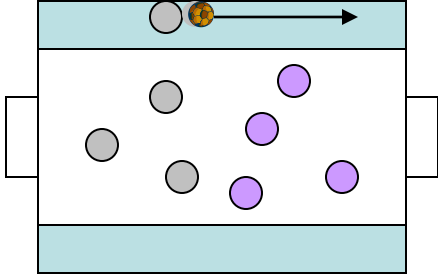




-----> Player
 —————> Ball

Dribbling for Speed

	<p style="text-align: center;"><u>Organization</u></p>	<p style="text-align: center;"><u>Coaching Points</u></p>
	<p>30 x40 yard Area 1 ball each moving around</p> <ol style="list-style-type: none"> 1. On coaches call players have 3 seconds to cover as much ground with the ball as possible 2. Players stop the ball before covering ground 3. Players perform a fake before covering ground 4. Players perform a turn (inside outside or pullback) 	<ul style="list-style-type: none"> •Awareness of space •Large controlled touch out of feet •Use Laces •Body mechanics-Get low and drive
	<p>Area 30x40 with 5 (free areas) three yard squares in the corner of the field and one in the centre -</p> <p>2 Minute games - Two defenders at first, If players lose their ball to a defender they switch roles</p> <ol style="list-style-type: none"> 1. Players look to dribble in and out of as many squares as possible 2. Add another defender 	<ul style="list-style-type: none"> •Awareness of pressure •Awareness of space •Change speed under pressure •Recognize when to shield/ dribble
	<p>Area 30x40 with a five yard end zone 4v4</p> <p>Players score by dribbling the ball into the end zone</p> <p>Teams can only pass the ball backwards</p>	<ul style="list-style-type: none"> •Team Shape •Recognition of space •Preparation to accelerate
	<p>Final Game 30x40 with 2 five yard zones on side</p> <p>4v4 players can have 2 touches in middle and unlimited in wide channel</p> <p>Free play –no zones</p>	<ul style="list-style-type: none"> •Awareness of space