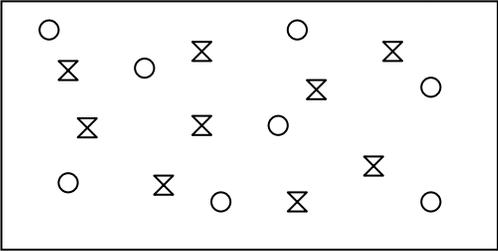
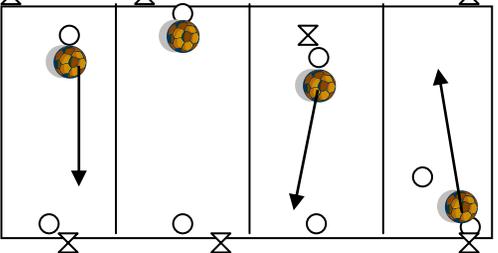
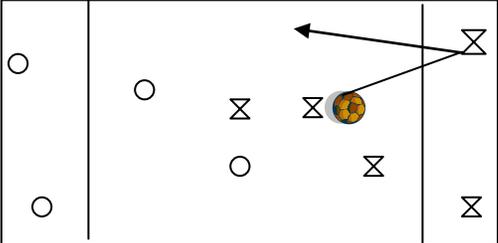
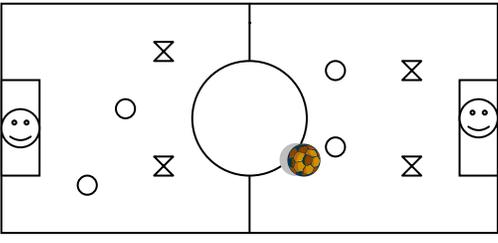




Dribbling for Speed Technique



<ul style="list-style-type: none"> Fundamentals (Warm up) 	<p align="center"><u>Organization</u></p>	<p align="center"><u>Coaching Points</u></p>
	<ul style="list-style-type: none"> Area should be age and field size appropriate. Each player has a ball Low key movement warm up. Introduce Moves, changes of speed/direction Fakes and feints <p>Light Stretching exercises</p>	<ul style="list-style-type: none"> Relaxed movement with the ball, good body shape. Close control, changing angles and direction of ball. Players head up, being aware of the spaces around the grid area. Good balance and coordination with the ball. Exploiting gaps between players with zigzag movements. Changing pace, playing at speed.
<p align="center">Match Related Activity</p> 	<p align="center">One v One fast break repetition</p> <ul style="list-style-type: none"> 20 x 10 yard channels. In 4,s 2 servers/receivers 1,attacker 1,defender Attacker dribbles across the area past the defender getting the ball to receiver Receiver becomes attacker, attacks defender the opposite way 	<ul style="list-style-type: none"> Control ball out of feet, head up to see defender. Creating space to beat the defender Selecting the appropriate skill to be used. Changing the angle and pace of the ball. Feinting and faking to move the defender Change of pace to attack the back of the defender
<p align="center">Match Related Activity</p>  <p align="center">Coach with supply of balls</p>	<p align="center">Two v Two to targets in end zones</p> <ul style="list-style-type: none"> Area of field 30 x 20 yard 2 v 2.plus 2 targets at each end. 8 players in practice 2 zones 5 yards in from the end of the field 2 players as targets. On receiving the ball the targets switch and attack the other end 	<ul style="list-style-type: none"> Observe the players body position and balance Observe the players ability to feint and fake. Observe the players change of pace and angle of the ball. Observe the players ability to exploit space in front and behind the defender. Observe the ability to shield the ball
<p align="center">Game Condition Activity</p> 	<ul style="list-style-type: none"> Area of field 35 x 25 yard. 4 v 4 A good supply of balls. Two goals at each end goalkeepers optional. Objective is to increase amount of times players dribble for speed Taking players on in the final third 	<ul style="list-style-type: none"> Observe the players comfort level on the ball and ability to look away from the ball. Observe the players, recognizing when, and where to dribble. Observe the players, ability to disguise their intentions to unbalance the defender. Observe dribbling to keep possession

Cool-Down Stretching

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