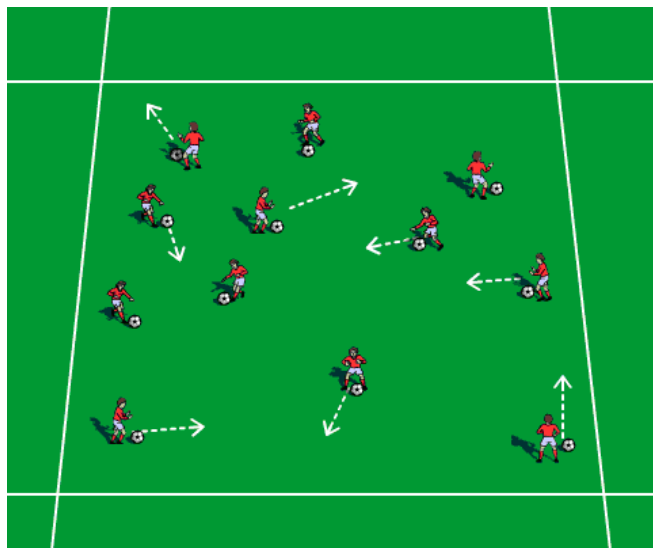




Curriculum – Technical / Skill

Activity # - 308

Topic:	Dribbling	Age:	7 to 9
Section:	Warm up	Ability Level:	Recreation
Learning Outcome(s):	Keep ball close to feet, and head up to view field		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 12 balls

Instructions:

1. Players dribble around competing with each other to make 100 touches on the ball
2. Players must be moving, i.e. not touching ball between feet
3. Deduct 10 touches for going outside area or touching another player
4. Once players have hit target, encourage them to improvise whilst waiting for others to finish

Coaching Points:

1. Dribble at speed, keeping the ball close
2. Use all surfaces of the feet
3. Avoid collisions by looking around and observing positions of other players

Progression/Regression:

1. P – Add a defender in area to sustain intensity
2. R – Make the target amount of touches less