



Curriculum – Camp

Activity # - 2506

Topic:	Dribbling	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Improve players ability to possess the ball when under pressure		

Organization:

1. 30 x 30 yard area with 5 boxes of 5 x 5, set up as shown
2. 10 players (5 attackers, 5 defenders)
3. 1 ball per group



Instructions:

1. Players play 1v1 inside their area
2. Attackers must attempt to dribble past the defender and stop the ball on the end line
3. If the defender wins the ball they attempt to score on the opposite end line
4. On coaches command red players move clockwise and yellow players move counter clockwise
5. Players play 1v1 against new opposition
6. Players keep a running total of their score throughout the game

Coaching Points:

1. Close control
2. Use of moves
3. Choice of move
4. Shield the ball

Progression:

1. P – Points are awarded to the defender if they can kick the ball outside the area, the attacker must now possess the ball so not to lose the game
2. R – Increase the size of the 1v1 areas to 10x10