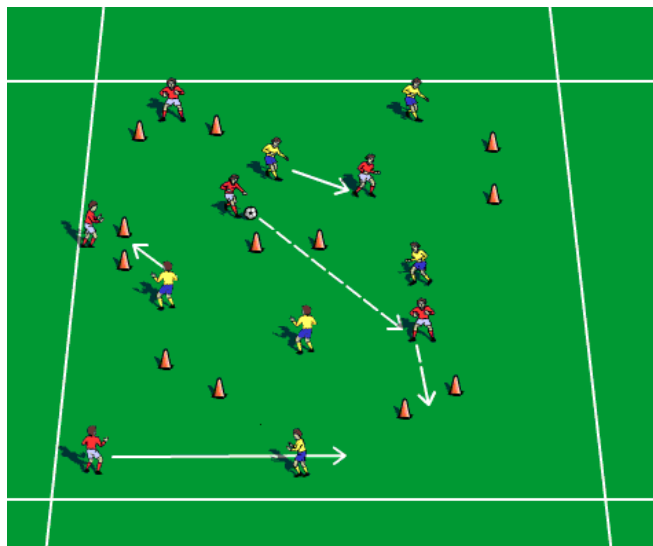




Curriculum – Technical / Skill

Activity # - 332

<b>Topic:</b>	Dribbling	<b>Age:</b>	All Ages
<b>Section:</b>	Conditioned Game	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Dribbling to targets		



**Organization:**

1. 40 x 30 yard area set up as shown
2. 12 players (2 teams of 6) set up as shown
3. 6 balls

**Instructions:**

1. Players are divided into 2 teams, and combine to score in any of the 6 goals from either side
2. Teams can score by passing the ball to a teammate through a goal. The goal scored in, cannot be used until a goal has been scored elsewhere.
3. Teams can also score by an individual dribbling through a goal. That player is able to turn and score 1 more goal by doubling back through the same goal
4. First team to 10 goals win

**Coaching Points:**

1. When your team has possession, spread out to create space to dribble into
2. Observe unopposed teammates and pass to them
3. Observe open space and dribble to score
4. If the route to goal is blocked, switch the point of attack
5. Improvisation/Creativity

**Progression/Regression:**

1. P – Place goals at either end, and designate attacking ends to introduce transition
2. R – Introduce neutral players, who play with the attacking team
3. R – More goals