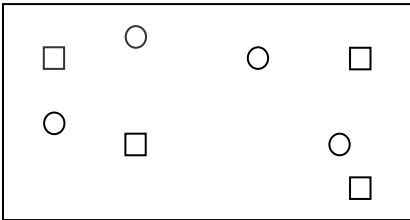
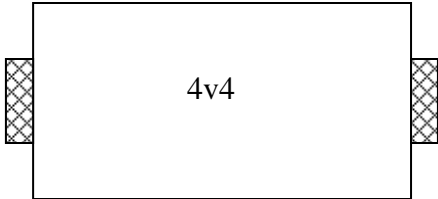


Name: Jeff Hopkins

Topic: Dribbling

U14

<p><b>Warm-up: Technical Dribbling Lines</b></p> <p>xx →                      xx</p> <p>xx →                      xx</p> <p>xx                      ← xx</p>	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Make groups of 3 players</li> <li>▪ 1<sup>st</sup> player dribbles ball to other side and goes to back of line</li> <li>▪ Next person dribbles across, etc...</li> <li>▪ Add center cone and have the players cut inside around and accelerate</li> <li>▪ Same but use outside of foot</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Players constantly moving</li> <li>▪ Ankle down</li> <li>▪ Select surface</li> <li>▪ Use outside of foot to run fast</li> <li>▪ Inside/Outside to cut and turn</li> <li>▪ Keep ball close and under control</li> </ul>
<p><b>Game Related: Winterbottoms</b></p> <p>X            x. o            X</p>	<ul style="list-style-type: none"> <li>▪ Play 1v1</li> <li>▪ Outside players have extra ball in hand</li> <li>▪ Legs are shoulder width apart</li> <li>▪ 3 pts. for clean pass through legs</li> <li>▪ 2 pts for ball that goes through but hits leg</li> <li>▪ 1 point for ball that hits leg</li> <li>▪ Play 1 minute games and switch</li> </ul> <p><b>Progress: Allow outside players to support</b></p>	<ul style="list-style-type: none"> <li>▪ Surface selection</li> <li>▪ Dribbling with speed</li> <li>▪ Maintain control</li> <li>▪ Attack front foot of defender</li> <li>▪ Use body to shield/turn</li> <li>▪ Change of speed and direction</li> </ul>
<p><b>Game Related: Game to End Zone</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 in a 40-x-25 yard area</li> <li>▪ Teams score by dribbling the ball across end line</li> <li>▪ Make field wider than long</li> </ul>	<ul style="list-style-type: none"> <li>▪ Possess the ball to look for an opportunity to score</li> <li>▪ Players in good supporting positions</li> <li>▪ Take on defenders in 1v1 situations</li> <li>▪ Run at defenders</li> <li>▪ Change of speed and direction</li> </ul>
<p><b>Game Condition: 4v4 Game</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4+ GK's</li> <li>▪ No conditions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if attackers dribble at defenders or into open space</li> <li>▪ Technical application of dribbling in the game</li> </ul>