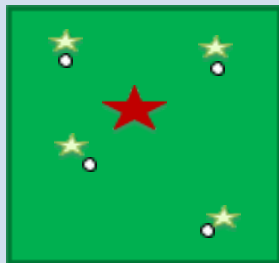
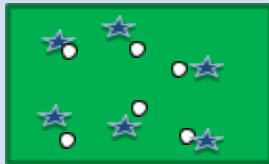


Week 2: Creative Dribbling			Cutters Community Soccer
Dribbling Coaching Points <ul style="list-style-type: none"><li>● Dribbling with head up</li><li>● Use all surfaces of your foot</li></ul>		<ul style="list-style-type: none"><li>● Protect the ball (shielding)</li><li>● Accelerate after your move</li></ul>	
6-6:10 p.m.			
Warm-up: Off to the Zoo	Each player has a ball. Players will imitate an animal that is called out by the coach/trainer.	<b>Ideas:</b> monkey, snake, rabbit, turtle, eagle, chicken... ask the players for ideas as well.  Each time, encourage the players to dribble with different surfaces of the foot, keeping heads up (to not bump into anyone) and to keep the ball close to protect it.	
6:15- 6:25 p.m.			
1. Ball Master	<ul style="list-style-type: none"><li>● The players dribble to the coach and hand him/her the ball.</li><li>● The coach tosses away the ball and the player retrieves the ball and dribbles it back to the coach.</li><li>● Each round the coach should give a different dribbling challenge to the players when they toss out the ball. Examples: use just the outside of your foot, use each surface of one foot, use the bottom of your foot, etc.</li><li>● After a few rounds, coach should move around so players have to find you to bring back the ball.</li></ul>		<b>Coaching Points</b> <ul style="list-style-type: none"><li>● When you reach the ball, practice a turn move.</li><li>● After you turn with the ball, accelerate to return to the coach (emphasize change of speed)</li><li>● listening skills</li><li>● problem solving</li><li>● dynamic dribbling</li><li>● heads up, look for obstacles and your target (the coach)</li></ul>
6:25-6:35 p.m.			
2. Knee Tag	<ul style="list-style-type: none"><li>● Try without the ball first.</li><li>● Players move around the field.</li><li>● They try to tag others on the knee to collect a point for each tag.</li><li>● After they understand the idea, have them play knee tag while dribbling the soccer ball.</li><li>● Play several rounds each way, encourage players to beat their personal best.</li></ul>	 Setup: use half of your half of the field	<ul style="list-style-type: none"><li>● Practice shielding techniques and dribbling.</li><li>● Accelerate after the move, change speed to escape a defender.</li><li>● Good for balance and awareness of other players on the field.</li></ul>
6:35-6:45 p.m.			
3. Balls Galore!	Divide your team into two even teams (no subs) and play on the width of each field.	Play a normal scrimmage across the field, but start with <b>three or more balls</b> .	<ul style="list-style-type: none"><li>● Gradually take out the balls to get down to one by the normal scrimmage time.</li></ul>
6:45-7 p.m.			
4. Intra-Squad Scrimmage	Divide your team into two even teams (no subs) and play on the width of each field. To get to know your team better, scrimmage against your own team this week.	<ul style="list-style-type: none"><li>● Play 4 v 4 or fewer players per team.</li><li>● Reinforce lessons from training during the scrimmage.</li><li>● Remind the players what to do in the game situation – out-of-bounds, throw-ins, goal kicks, corner kicks, kick offs, etc.</li></ul>	

	<b>** Please use this time to talk about what to do in a game. **</b>	<ul style="list-style-type: none"><li>• When a ball goes out of bounds, ask them whose ball is it and why? Provide explanations as needed.</li></ul>
<b>Homework:</b>	<b>Cutters has a Juggle Club</b> – set a goal for this week. Show the trainers and coaches your progress each week.	