

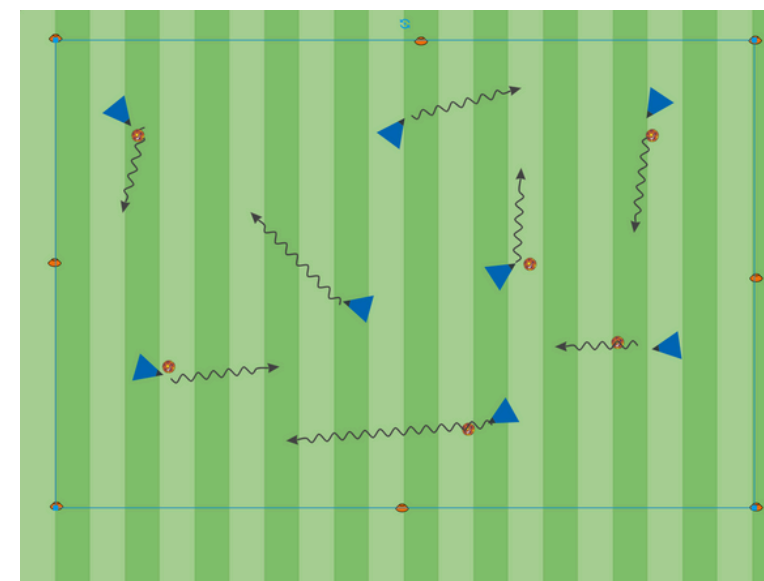
# 6 STEPS TO WEEK 2

## Dribbling to Turn/Stop



### 1 START WITH PLAY!

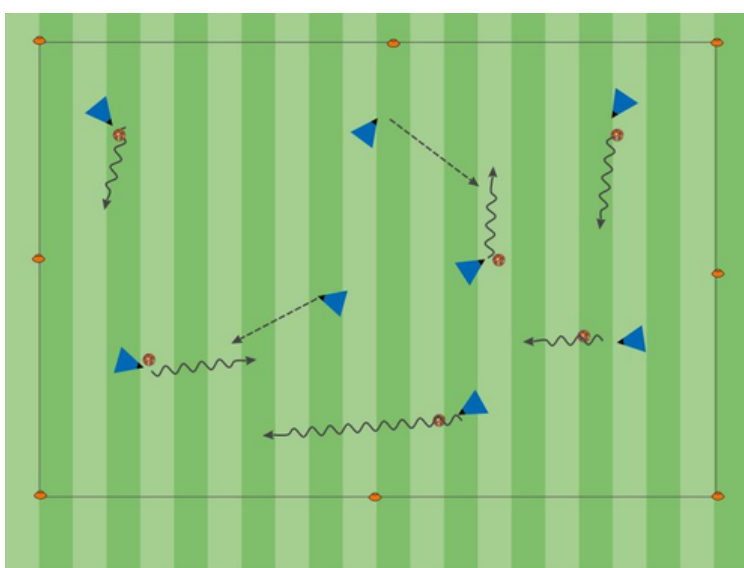
Club-wide implementation of play-practice-play methodology. Play as kids arrive. With youngest groups, they can play by themselves scoring in both goals with coach as an obstacle/defender to guide



### 2

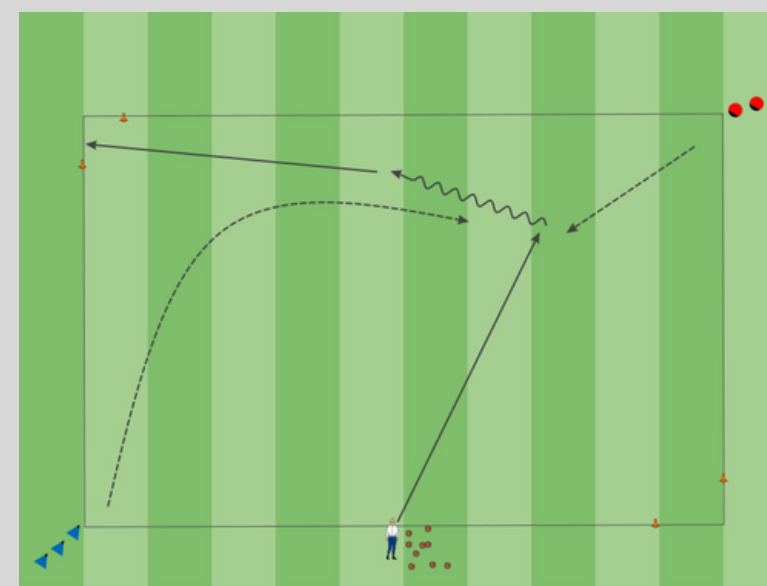
#### Body Part Dribbling

20x20ish grid. All players with a ball. Dribble however you would like! Coach will say different body parts that they will need to stop the ball with. Coach will give variables in between stops like "go as fast as you can", "go as slow as you can", or turn - introduce turning with inside, outside, and sole of foot.



### 3 Frogger

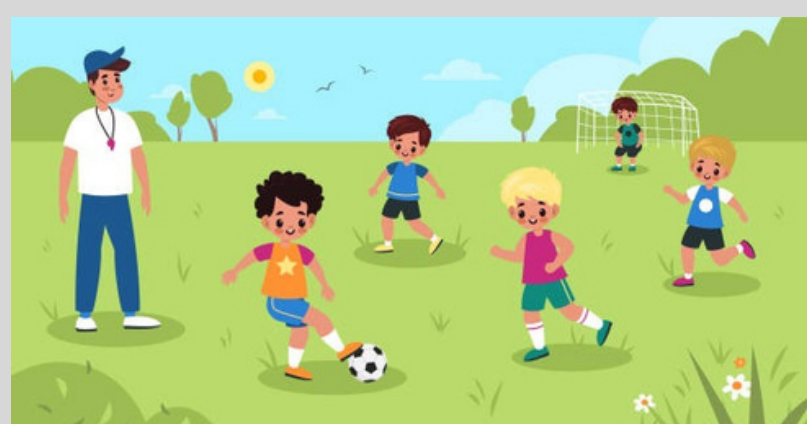
All players with a ball with two players as "whackers" (identified with jerseys). Everyone dribbles while the "whacker" try to pass (short distance) to hit other players. DON'T GET HIT! After two minutes "how many times did you get hit?". How can you use turns and stops to evade the whackers?



### 4

#### 1v1 to small goals!

Two lines in opposite corners with two goals in opposite corners. Coach plays a ball. First player to it, tries to score in EITHER goal. Count your team goals! If one goal is defended, how can you turn to go to the other goal? When should you turn to go a different way?



### 5

#### END WITH PLAY!

Even with our youngest ages, we should start guiding 3v3 play. Guide when the ball is out. Ask:

- Who kicked it out?
- Who gets to kick it in?
- Where is space?
- Which goal do we score in? Defend?



### 6

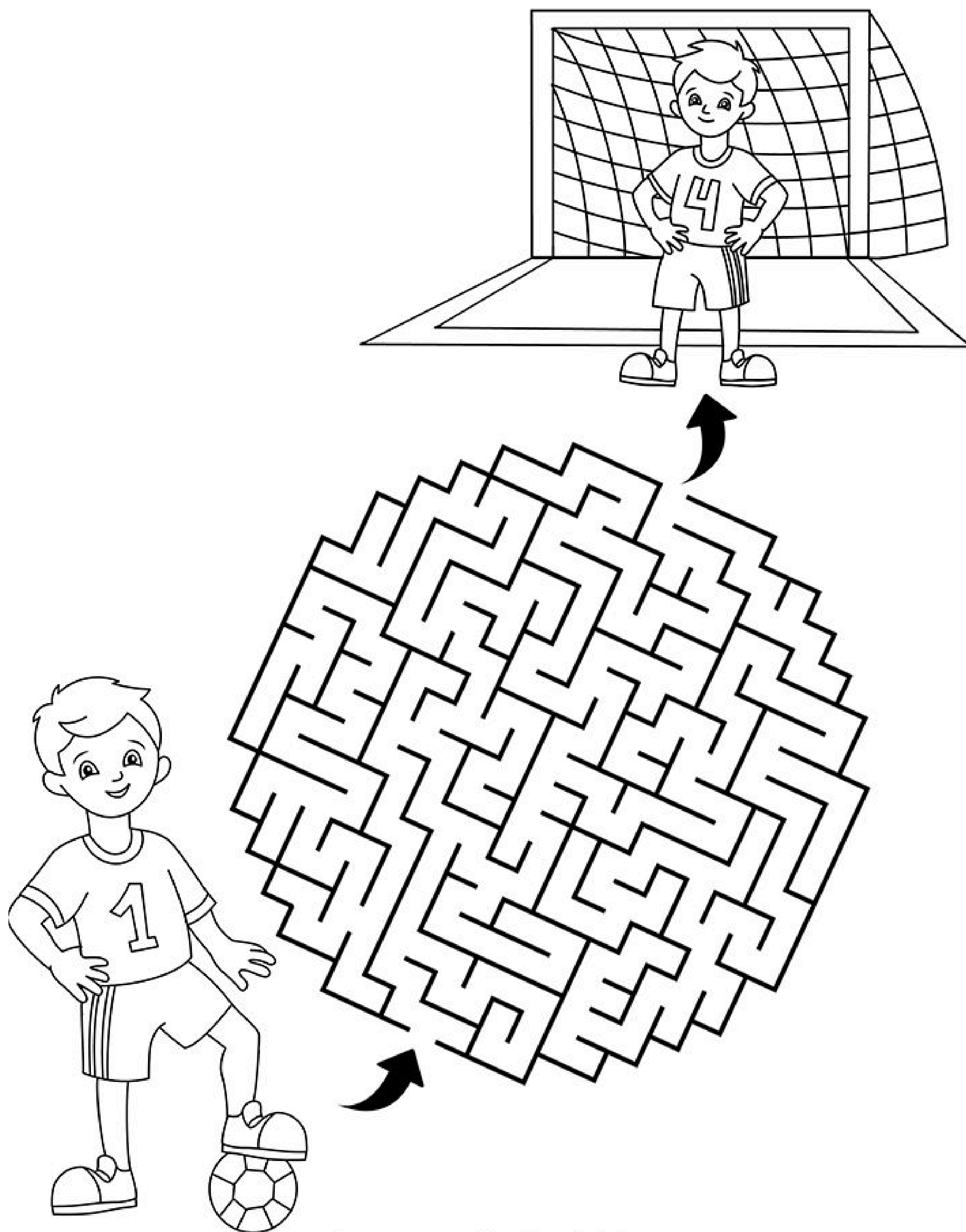
#### RECAP - DID WE HAVE FUN TODAY?

Some questions to ask the players today:

- Did you have fun today?
- Can anyone tell me one thing they got better at today?
- Are you excited for next week?



# FUNdamentals - Week 2



## Dribbling to Turn and Stop

What can we use to turn and stop? Why turn and why learn to stop?

In week three, players are asked to dribble to turn and stop. Turning allows us to create space from an opponent or go a different way away from pressure. We ask questions to give the players ownership of the answer and to check for understand. Sometimes kids give answers that don't work, but we like to let them try it and then explore why it didn't work. We also like to explore when to use different parts of the feet for different applications. Some questions (and answers) we ask throughout the session to get them thinking about how to beat a defender or create enough space to shoot or pass are:

- What parts of the feet can we turn with? (ALL)
- Is it easy to stop or turn if the ball is close? Far away?
- What parts of the foot are good to stop the ball with? (Inside, outside, sole).
- When should we look to turn the ball? (when there is a defender in where we want to go or if we want to go a different way)
- Does our opponent know when we are turning? How does that help us?
- After we turn, can we go fast a different direction?