

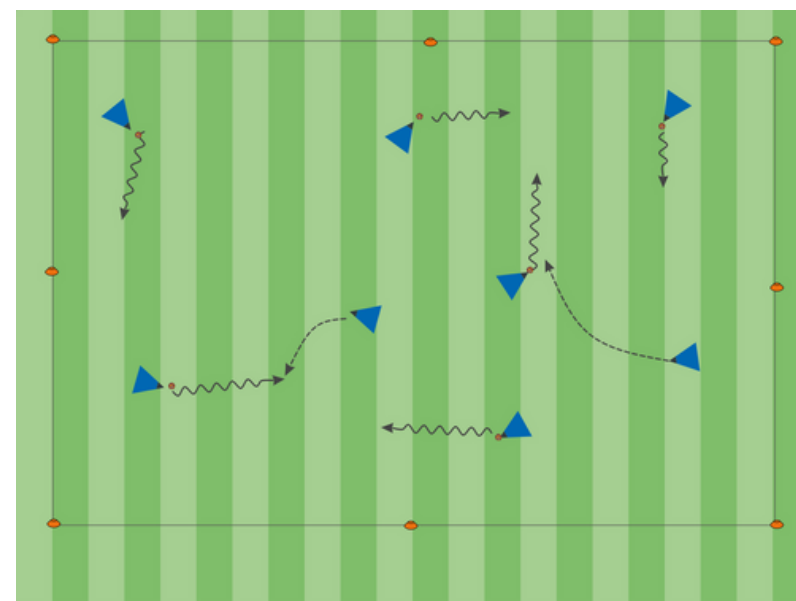
6 STEPS TO WEEK 3

Level 1 - Dribbling to Beat a Defender



1 START WITH PLAY!

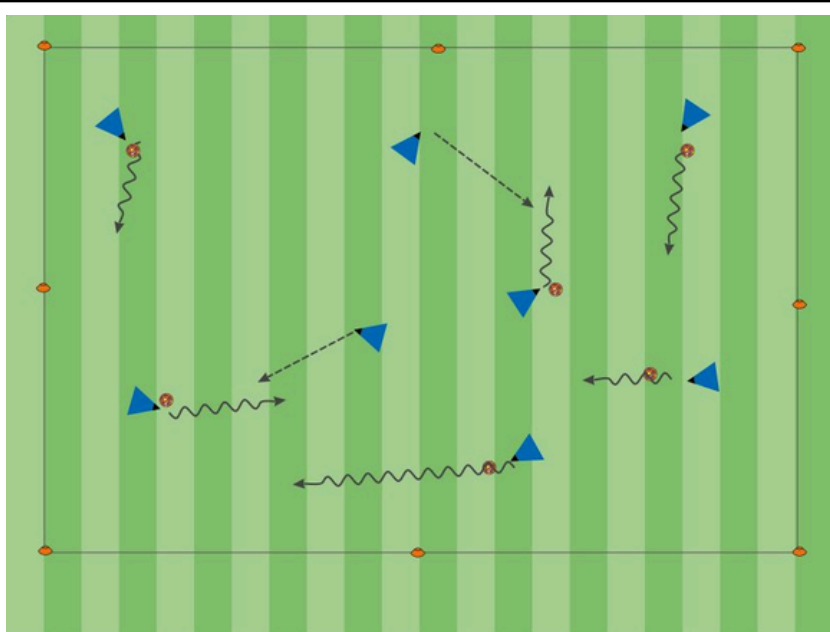
Club-wide implementation of play-practice-play methodology. Play as kids arrive. With youngest groups, they can play by themselves scoring in both goals with coach as an obstacle/defender to guide



2

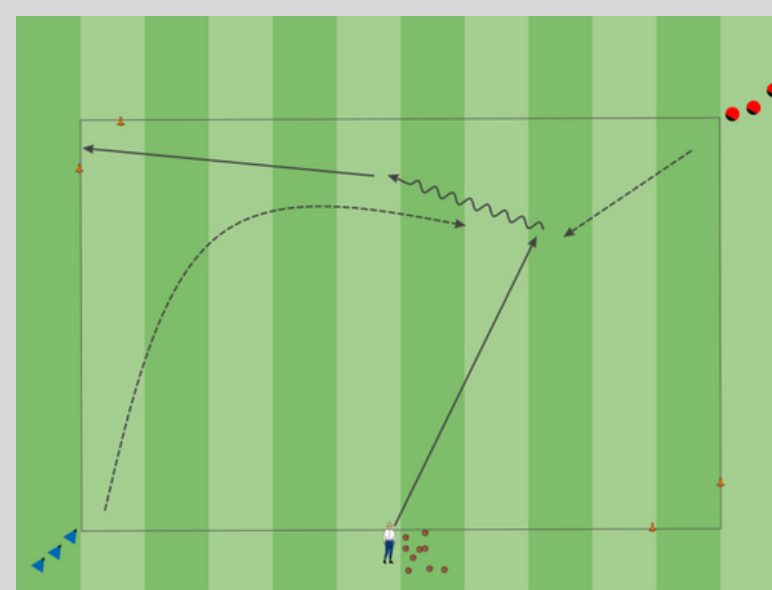
Dribbling - Add Bandits!

Using the 20x30 from the first play phase. All players with a ball. Dribble however you would like! Once warm - Take away two balls (or two coaches without a ball to start). If you have a ball, you want to keep it and if you don't have a ball, you want to get one. After a min... who doesn't have a ball?



3 SHARKS AND MINNOWS...

Players with balls in one end zone... try to beat the minnows and dribble to the other end zone. Sharks can be coaches, or players.



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! Where is the defender? Where is the space? Ask about defending... If you aren't going to get there first, what do you want to think about? Stealing it!!!



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

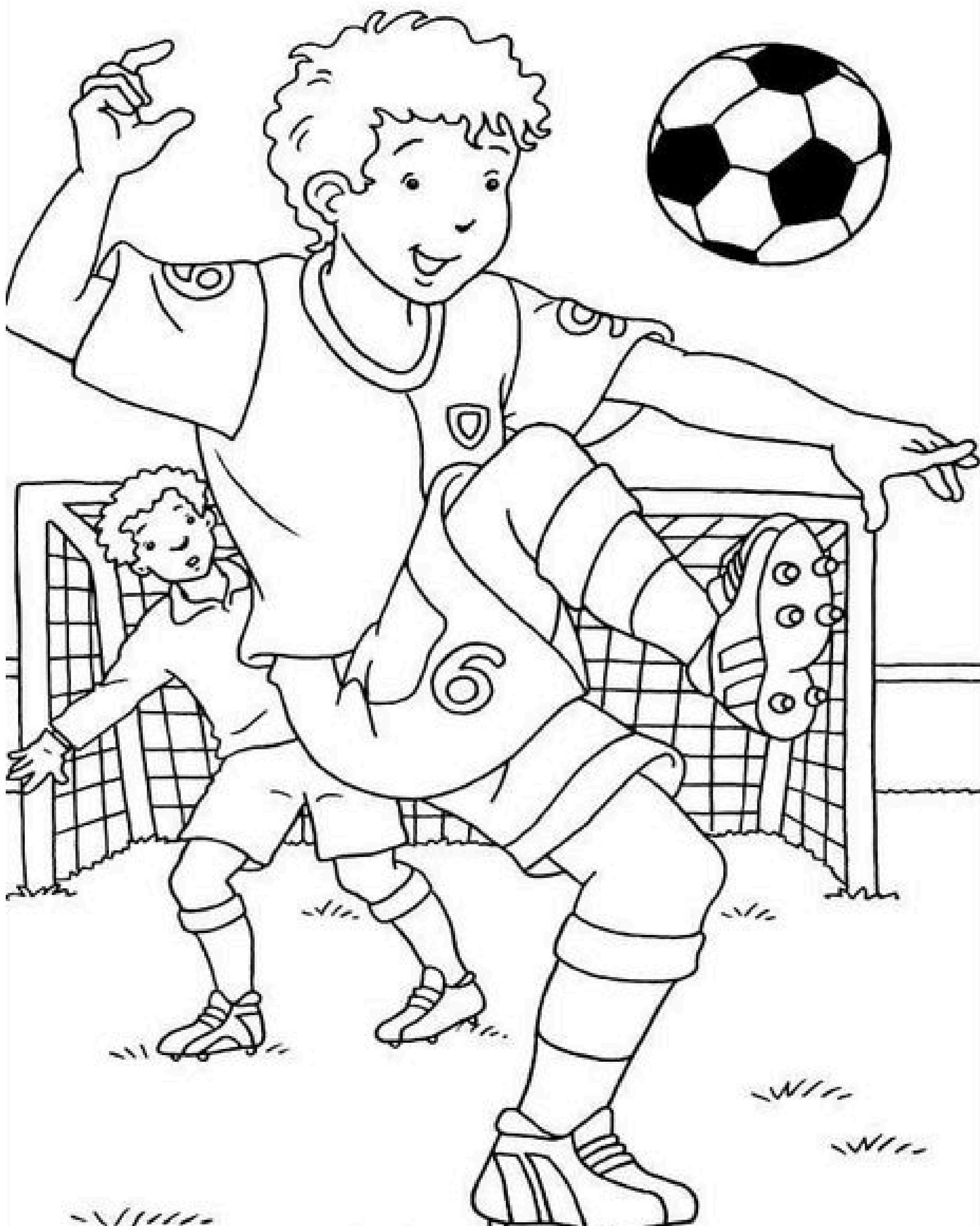
RECAP - DID WE HAVE FUN TODAY?

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 3



Dribbling to Beat an Opponent

Why do we dribble to beat an opponent? What does it mean?

In week three, players are asked to dribble to beat a defender. Beating an opponent, creates space for the player on the ball, as well as teammates off the ball. It is one less defender we have to worry about as we move towards goal. It may not even be beating them to get past, but simply beating them to create enough space to pass or shoot! 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 dribble with? (ALL)
- What part of the foot is best when we want to go fast right past a defender? (laces/pinky toe)
- What parts of the foot are good when defenders are close? (inside, outside, bottom/sole)
- How do we know which way to beat a defender? (We have to look around/head up)
- How much space do we need to pass or shoot by a defender? (Just enough for the ball to get by)