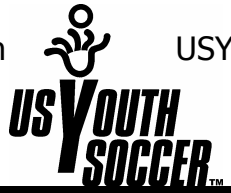
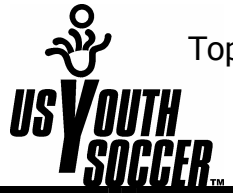
Author: Eddie Henderson  USYS Workshop and Convention Pittsburgh 2008  Topic: Dribble Mania

Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-up • Sequence Dribbling • Combination Dribbling • Creativity	Each player with a ball dribbling. Introduce sequence dribbling (Crossover, Cruyff, Drag), to help teach players how to play out of tight spaces. Introduce combination dribbling (Multiple moves) to help players learn how beat players more effectively in open spaces. Allow players to be creative and come up with some on their own.	x. x. x. x. x. x. x. x. x. x.	• Keep the ball close/Tight • Execution-Technique (move your feet quickly) • Execution-Body Mechanics • Change of Direction/Speed
2			
Activity 1 • 1v1 (4) Goal Game	Coach plays out a ball, players try to dribble through (1) of (4) goals, up to a max of (4). Players must score from the inside out. If the ball goes out of play or (4) goals is scored a new ball is played out by the coach, for next two players in line. First to 10 wins!	Δ Δ Δ 1v1 Δ Δ Δ Δ Δ	• Vision • Control • Change of Direction/Speed • Sequence Out of Tight Spaces • Shield/Turn/Acceleration
3			
Activity 2 • 3v3 (6) Goal Game	Play 3v3 for (1) minute or (3) goals, whatever comes first. Players must dribble through the goals to score. If a ball goes out or a goal is scored, the ball re-starts from the coach. Keep the activity flowing. First to 10 wins!	Δ Δ Δ Δ Δ Δ 3v3 Δ Δ Δ Δ Δ Δ	• Recognize how and when to dribble • Combination Dribbling • Change of Speed/Direction into open spaces • Acceleration once def is beaten
4			
Activity 3 • 5v5 + GK'S to Goal	Play 5v5 to Goal. When in the attacking half of the field, can pass to the side or back but only move the ball forward on the dribble. In the defensive half, no conditions/restrictions. After 10 minutes, let them play, no conditions/restrictions.	Δ Δ 5v5 Δ Δ	• Recognize how and when to dribble • Attack space quickly in attacking half of the field • Let your 1st touch take you into attacking mode • Have an attacking mentality
5 **Cool Down:** Light Jog and Stretch			