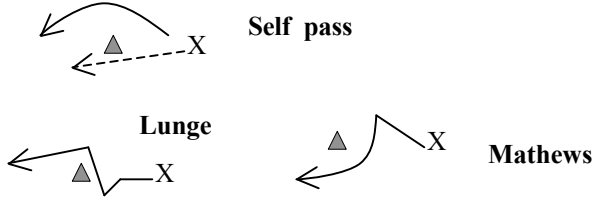
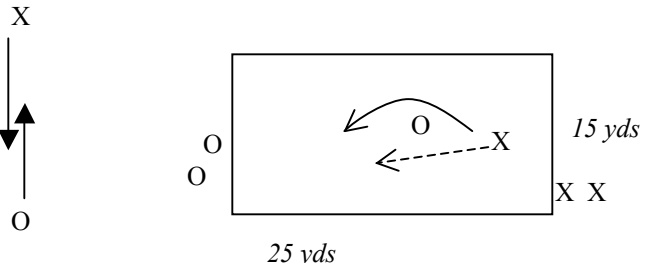
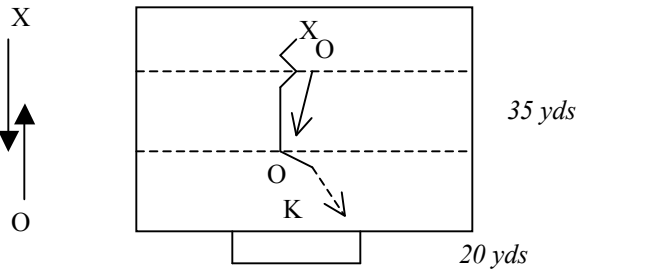



Name: Arsenal - Jason McClanathan

Topic: Dribbling to Beat an Opponent

Date: _____

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass / shot

<p>Fundamental - Warm Up 15 min.</p> <p>-Self pass -Mathews -Lunge</p> <p>* STRETCH</p>	<p>Organization</p> 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - timing and change of pace are key for all moves to beat an opponent. <p>Self pass – ball is played with the outside of the foot around a defender.</p> <p>Mathews – pull a defender out of a space, then attack that space with speed</p> <p>Lunge – get a defender off balance</p>
<p>Match Related Activity 15 min.</p> <p>1v1 dribbling to goal line</p>		<ul style="list-style-type: none"> - change of pace -change of direction -look to unbalance the opponent -Explode when defender is unbalanced
<p>Match Related Activity 20 min.</p> <p>1v2</p> <p>- attacker beats defender in the first third, defender then chases in second third, attacker then beats second defender in final third for a shot on goal.</p>		<ul style="list-style-type: none"> - unbalance the defender - Attack the opponent as soon as possible
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	 <p>full field game</p>	<ul style="list-style-type: none"> - recognize space behind defender
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	