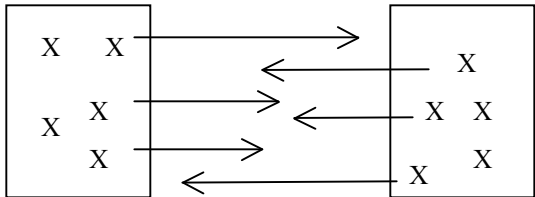
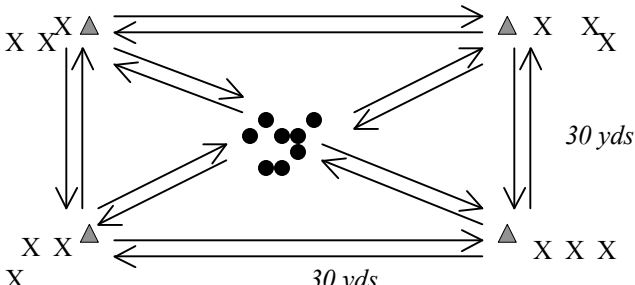
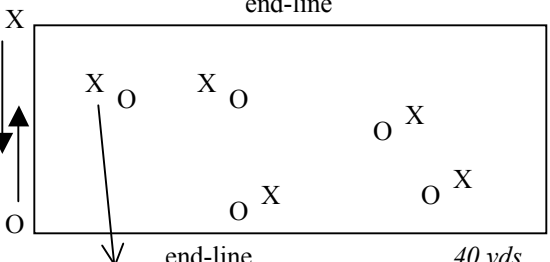



Name: Arsenal - Jason McClanathan

Topic: Dribbling for Speed

Date: _____

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

| | | |
|--|--|---|
| <p>Fundamental - Warm Up 15 min. - dribbling in grid "A" on a key word players must speed dribble to opposite grid</p> <p>* STRETCH</p> | <p>Organization</p>  <p>20 yds 15 yds</p> | <p>Key Coaching Points</p> <ul style="list-style-type: none"> -getting the ball out in front - using the outside of the foot while running with the ball |
| <p>Match Related Activity 15 min. -each team can have one player at a time get a ball from the center and dribble it back to there home base - players on at a time can then take a ball from other teams base</p> |  <p>30 yds 30 yds</p> | <ul style="list-style-type: none"> -players turning with the ball and exploding - dribbling with outside of the foot in open space |
| <p>Match Related Activity 20 min. 4 v 4 or 5 v 5 - must dribble across end-line for a point</p> | <p>end-line</p>  <p>30 yds 40 yds</p> | <ul style="list-style-type: none"> - looking for space behind the defender to dribble into |
| <p>Match Condition Game 40 min. 11 v 11 game</p> |  <p>full field game</p> | <ul style="list-style-type: none"> - players must attack open space with speed - player must attack opponents at every opportunity |
| <p>Cool Down</p> | <p>Light Jog & Stretch</p> | |