

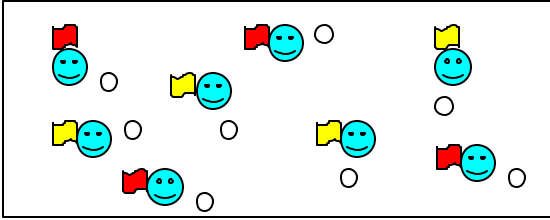
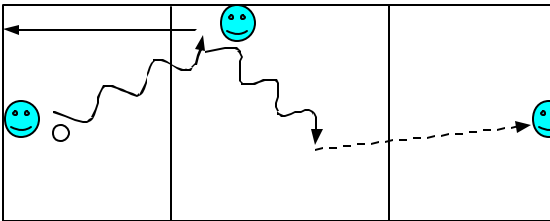
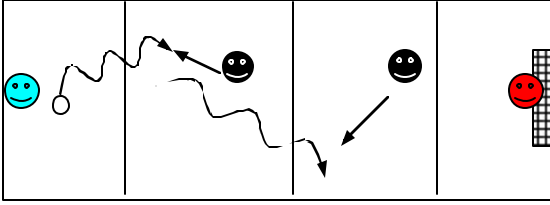
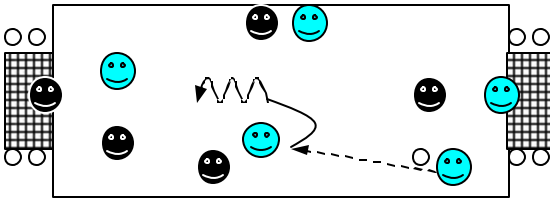










AMHERST SOCCER ASSOCIATION LESSON PLAN



Topic: Dribbling

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Tails, divide group in two 2 teams * One team has one colored pinnies and the other a different color * Pinnies are tucked into the back of the shorts * Players have to try and steal the other team's pinnie from their shorts. Players can not hold onto the pinnie * Once won the stick it in their shorts and the other player must try and win it back 	<ul style="list-style-type: none"> * Play game with out ball to start of with, then add it in after 1 or 2 attempts * Keep the ball close and under control * Face the defender * Attack the defender to the side and behind
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Passive Gauntlet * Attacking player dribbles at the first defender and executes one of the moves. 1. Side Step, 2. Scissors, 3. V-Step, 4, Hip Twist. * Beats the passive defender and plays to the other attacking player. * Player then stays in the middle to become the defender as the original defender drops off waiting to become the attacking player. Rotate through 	<ul style="list-style-type: none"> * Positive Attitude * Dribble in Slow * Draw the defender to one side * Execute the move with realism * Bending the knee's and dropping the shoulders * Attacking the defender to the side and behind with speed * Keep the ball under control
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Gauntlet against two defenders * Defenders can only defend their own area * Attacking player must attempt to dribble past both defenders and score past the GK * If the defenders win it then they can score a point by successful dribbling over the attacking player's end line. * Progress to defenders can work back to double team up 	<ul style="list-style-type: none"> * Attacking now with more speed * All of the above
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * Divide the group in two two equal teams * Teams now have GK in the goals * Players can score 2 points for successfully dribbling past a defender or scoring on goal * Have extra balls placed around the field to keep the game moving quickly * Emphasize the Safe ty/Risk Factor 	<p style="text-align: right;">LEGEND</p> <ul style="list-style-type: none">   = Players  = Ball  = Dribble  = Run with out the ball  = Pass  = Goal Net  = Pinnies
<p style="text-align: center;">COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet.</p>	