

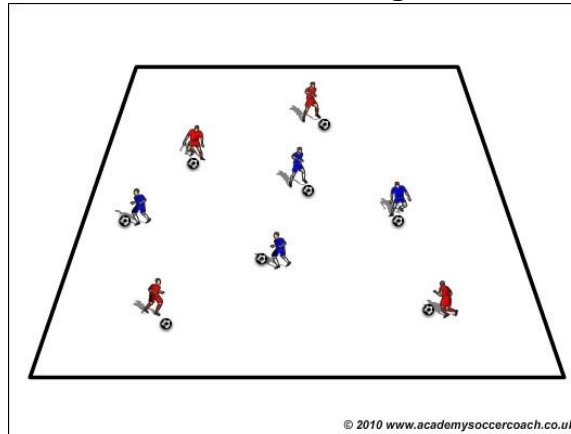
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CHANGE, SWITCH, GO

Players dribbling in appropriately sized grid.
 -"Change" = Change direction (using skill)
 -"Switch" = Stop ball dead and abandon it, find a different ball and continue
 -"Go" = Change of pace for 5-6 paces, return to dribbling with close control

COACHING POINTS:

- Awareness. Of self, space, others.
- Close control while dribbling
- Explosive change of pace ("Go" after a "Change")



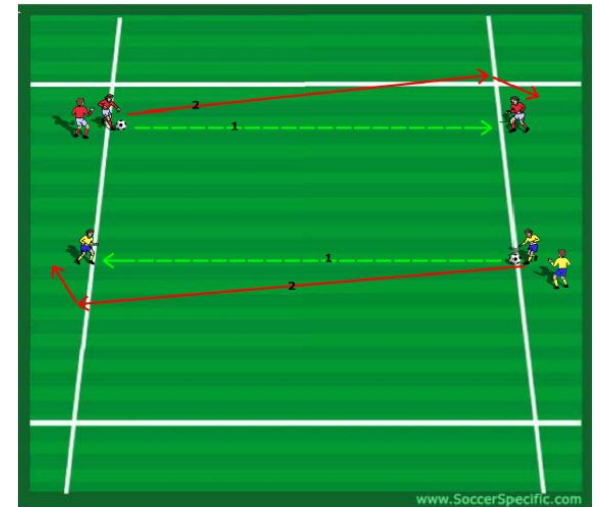
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Ball Manipulation

1. Cadences

- A. 1(L)-2(R)-3(L)-Miss(R) (Stepover)
- B. 1(R)-2(L)-Sole(R) (Dragover to inside)
- C. I-O-I-O (all same foot)
- D. I(R)-O(R)-I(L)-O(L)
- E. O(R)-I(R)-O(L)-I(L)
- F. I-O-Sole(same foot)
- G. Sole-sole-scissors(same foot)
- H. I-O-sole-scissors(same foot)

I=inside of foot
 O=outside
 R=right foot
 L=left



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- Groups of 3, 1 ball per group
- 10-15yds between partners
- Push pass to feet followed by change of pace to opposite line
- Start 2-touch, progress to 1-touch if able.

Coaching Points:

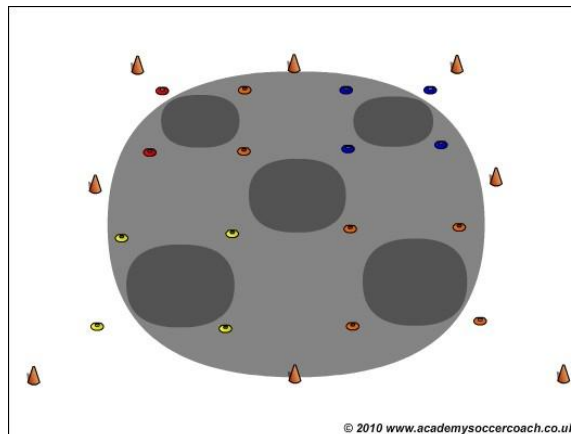
- Quality of pass (weight and accuracy)
- Quality of 1st touch/control (2-touch)
- Change of pace to side, not at partner
- Vision. Chin up except when striking ball.
- Ball in continuous motion, high tempo!

DONE:

- Dragback
- Cut -Inside and Outside
- Half Preki
- Scissors
- Stepover

TO DO:

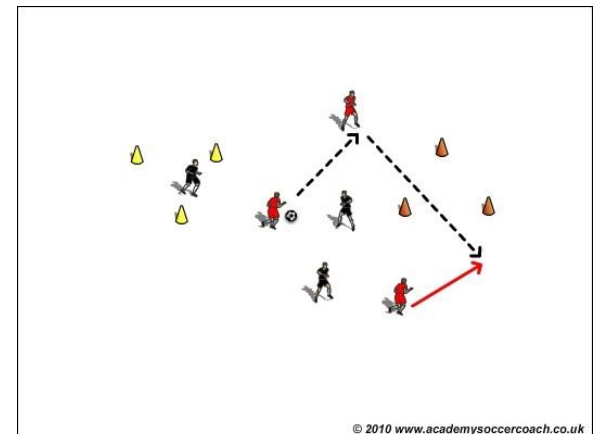
- Double Scissors
- Full Preki
- Cruyff
- Puskas



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DRIBBLING - AWARENESS

Using discs, create multiple colored grids/shapes within the large grid
 -Teams/Individuals quickly get to, and dribble in their prescribed grid.
 --Awareness during transitions
 --Avoid crashes
 --Looking for maximum space where little exists
 -Encourage performing of skills at all times
 ---Before leaving to new grid --->> CHANGE OF PACE
 ---While in transition between grids
 ---While comfortably dribbling in new grid



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TRIANGLE GOALS

SSG - 3v3, 4v4, 3v3+1, etc.
 -Goal is scored by completing pass through in-field triangle goals.

END WITH FREE SSG TO PUGGS

- "Composure Zone" in front of own goal.
- Points for skills & sound passes.