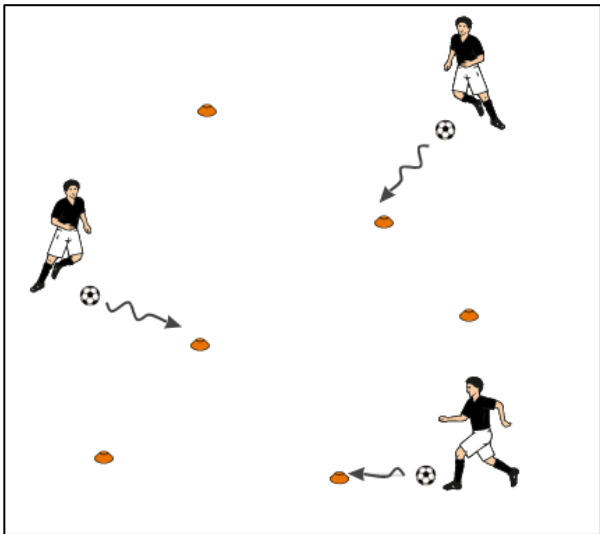


Model Training Session
Dribbling with a purpose
Presented by Isaiah Tyree
Lakeville Spring Coaching Clinic
March 2017

The focus of this session is improving dribbling for creating space and scoring opportunities. The session will highlight technical aspects of dribbling, as well as tactical decision-making of when and where to dribble.



Warm-up (20x20)

Players return to “home” cone when called

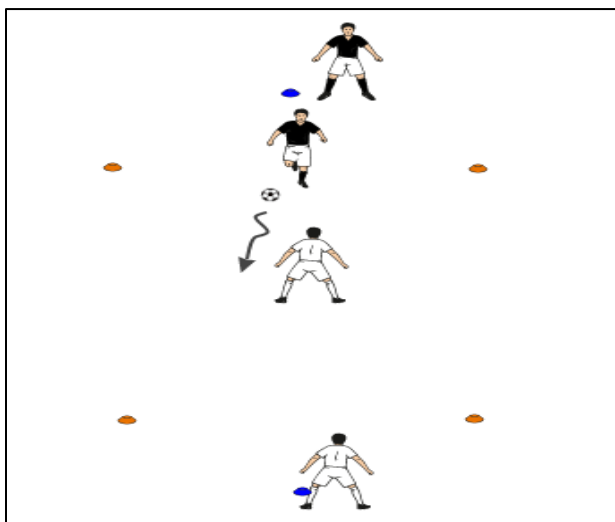
- (1) Changing direction at cone
- (2) Various dribbling skills

Coaching points

Dribbling comprised of three skills:

- (1) Change of direction
- (2) Change of speed
- (3) Trickery/deception

Or a combination of any of the three



1v1 to End Line (10x8)

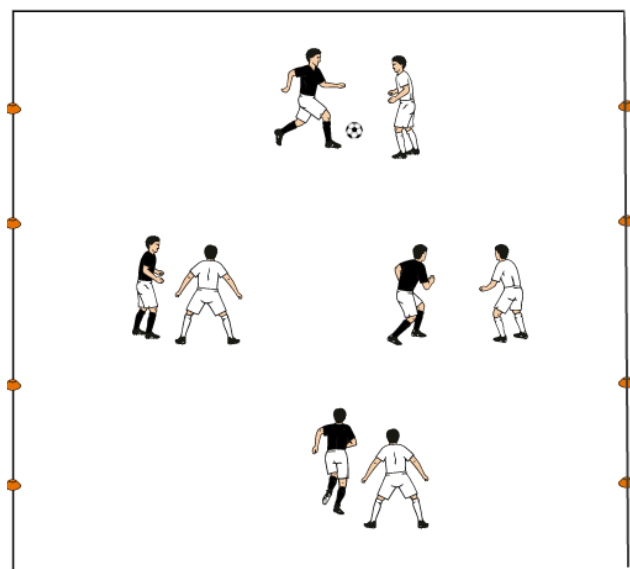
Player passes across and then steps out to defend
Switch sides after every time

Coaching Points

Be creative!

Using/creating space

(Can we get the defender to commit one way?)



4v4 to dribbling goals (25x30)

Dribble through gates to score

Ball starts from end line

Coaching Points

Shape of body – facing the way we want to go

Cue for passing or dribbling (Is there space?)

6v6 scrimmage (40x50)

No restrictions