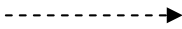



Key:

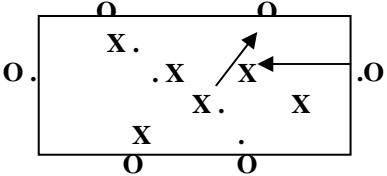
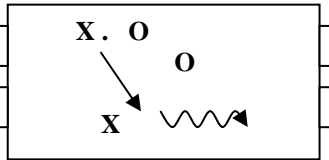
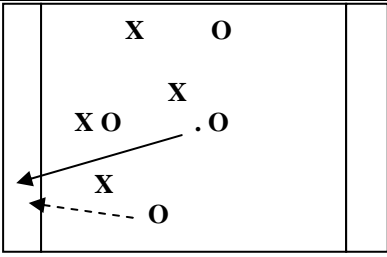
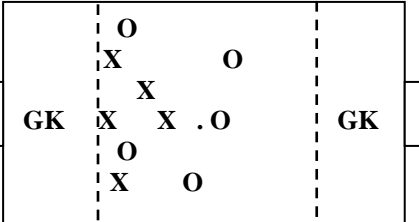
Running without the ball 

Running with the ball 

Pass 

TOPIC: How and When to Dribble, Pass and Receive

MYSA 'D' License Course

<p><u>Technical Warm-Up</u></p> 	<p><u>Organization</u></p> <p>40x20; "Windows"</p> <ul style="list-style-type: none"> • Half on outside with ball; half on inside without • Pass in/out of grid • Vary receiving surface, turns, passing restrictions, ways to change roles 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> ✓ Create angle to receive ball ✓ Open hips/body on receiving touch ✓ Pace and accuracy of pass (specific foot) ✓ Visual/verbal communication (ask for ball) ✓ Vision w/ + w/out ball (eyes up and scan)
<p><u>Small Sided Activity</u></p> 	<p>20x15</p> <ul style="list-style-type: none"> • 2v2 to four gates • Dribble through gate to score 	<ul style="list-style-type: none"> ✓ 1st touch positive (move in intended direction) ✓ Pass to feet (if standing) or space (if running) ✓ Deception in pass, dribble, receiving touch ✓ Angle and distance of support (behind or ahead based on pressure on ball)
<p><u>Expanded Small Sided Activity</u></p> 	<p>40x30</p> <ul style="list-style-type: none"> • 4v4 to 5-yd endzones • Possess in end zone to score • Player can't be in endzone ahead of ball • Option: Must have a combination to play in to endzone (e.g. overlap, wall pass, 3-player combo) 	<ul style="list-style-type: none"> ✓ First look to penetrate (pass or dribble) ✓ Timing and angle of support/run (when/where you want ball or when/where 1st attacker needs help) ✓ Pace, accuracy and timing of pass (body prep, strike point, follow through) ✓ Maintain depth and width ✓ Speed of play
<p><u>Game to Big Goals</u></p> 	<p>55x40</p> <ul style="list-style-type: none"> • 6v6 incl. GK's • Restraining (offsides) lines at 18 yds 	<ul style="list-style-type: none"> ✓ Team shape (depth and width to stretch field and pull defenders apart) ✓ Risk/safety considerations (penetrate first, possess if too risky) ✓ Speed of play (body shape, move 1st touch, dribble or pass with pace)