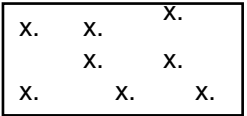
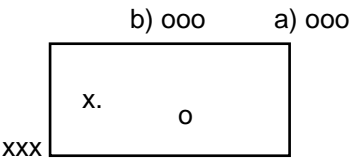
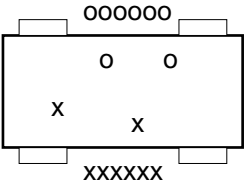
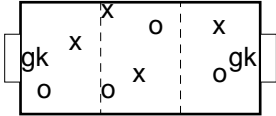


Dribbling to Beat a Defender

By Chad Moore, MN ODP Staff

<p style="text-align: center;"><u>Activity One</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 35 yds x 20 yds • Each player has a ball • Free dribble • Introduce 3 moves: 1) Scissor, 2) Rivelino and 3) Matthews 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Change pace • Change direction (fakes/feints) • Vision
<p style="text-align: center;"><u>Activity Two</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 20 yds x 15 yds • 1v1 to endlines - change location of service (a & b) • x & o switch positions after each 1v1 • 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above • First-touch • Attack space • Unbalance/commit the defender
<p style="text-align: center;"><u>Activity Three</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 15 yds x 20 yds (short, wide field) • Divide into two teams • 2v2 to two 4 yd goals • Must dribble through goal for a point 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above • Recognize 1v1 situations
<p style="text-align: center;"><u>Activity Four</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 45 yds x 35 yds (divided into thirds) • 5v5 to 6 yd goals • Can't pass in the attacking 1/3 • Hustle rule 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above • Take risks in attacking 1/3