



Active start week 13

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Paint the Field (10 mins)

Paint the Field Dribbling:

All players will dribble their soccer ball in a 15Wx20L yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.

Coach: Have the players write their names with the "Paintbrush" (Ball) can they "paint" different shapes? How big can they paint the shapes?

Variation 2: Ask the players to dribble only with the left foot, then with the right foot.

Guided question

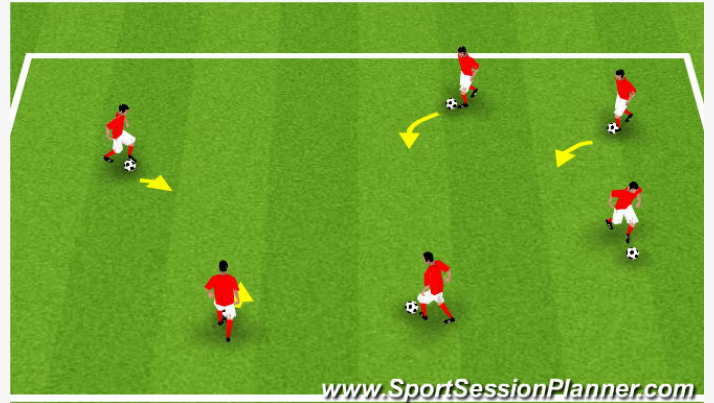
How far should the ball be from the dribbler?

What surfaces to use?

When and how to run with the ball and change directions?

How to stop the soccer ball?

When and how to unfreeze a player?



Angry Birds (10 mins)

Angry Birds:

Select two players to be the Angry Birds. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes an Angry Bird and will go to get a ball and join the hunt.

Guide Question

How far should the ball be from the dribbler?

What surfaces to use?

When and how to run with the ball and change directions

What part of the foot to use to strike the ball?

What to do to avoid being hit with the ball?

