



## Week 1A Dribbling

Category: Technical: Dribbling and RWB

Difficulty: Beginner

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### Barn Yard Fun (10 mins)

First Activity: Barn Yard Fun

Theme: Dribbling

Set up: 12 by 12 Square

Time: 8-10minutes

Coach labels each side of square as an animal (ex donkey, horse, monkey, chicken).

Players dribble in square working on skills taught until Coach calls out animal (and points to the animal side for help), players dribble quickly to that side and make that animals noise. Then right back to dribbling and working on skills.

Progress to once players get to the side they make up animal actions and noises.

Dribbling Skills: Inside outside of right foot, inside and outside of left foot, pullbacks, inside foot cuts, rolls

Coaching Points: Technique=how to, head up to not run into other players and look for space



### Octopus (10 mins)

Second Activity: Octopus

Theme: Dribbling

Set Up: 12 by 12 Square

Time: 8-10minutes

Players start at one end with their ball, coach should be Octopus to start. Coach calls out "Octopus" to start players dribbling forward trying to get to the opposite end without losing their ball.

Octopus attempts to win the ball off players, players that lose their ball join the Octopus to win more balls. Play until the last player loses the ball, Reset and play again with Coach choosing a new Octopus or the winner becomes the new Octopus.

Coaching Points: Speed up into space, shield ball when defender engages, control at endline.

