




Whole-Part-Whole Method-Dribbling to Beat an Opponent

Activity and Purpose	Description	Coaching Points	Diagram
<p>Start with 3v3-4v4 game</p> <p><i>With some agility, dynamic stretching included.</i></p>	<p>Two teams to 2 goals.</p>	<p>Assess. Allow players to play freely for 10 minutes.</p>	
<p>1v1</p>	<p>Two groups of 4-6. Each player has a ball. Two players from each team play 1v1. As soon as the ball goes over the goal line or endline, a player from the other team brings on a ball and the player that either scored or was attacking stays on and plays defense.</p>	<ul style="list-style-type: none"> • Mentality to go at someone • Attack with pace • Attack the defender's front foot 	
<p>4v4 "Bank"</p>	<p>Two teams of 4. Each team starts off with 3 balls in the endzone that they are defending. One ball is used to start the game, making 7 balls total that are needed. The objective is to dribble the ball across into the other team's endzone. When this is accomplished, they then retrieve a ball from the endzone they are defending and continue on. Whichever team has the most balls in the other team's endzone at the end of a period of time wins the game.</p>	<ul style="list-style-type: none"> • "Be Brave" • Go Fast-Slow-Fast when dribbling by an opponent • When to take someone on. Cues? 	
<p>Game 4v4-6v6</p>	<p>Two teams to 2 goals</p> <p>Rules:-No Corners although teams count corners. If the attacking team gets 3 "would-be" corners then that is equal to a Penalty Kick.</p>	<p>Play and assess to see if learning to place and if they are looking to take players on!</p>	