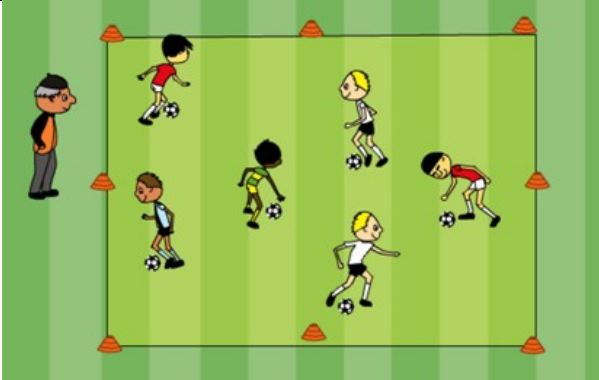
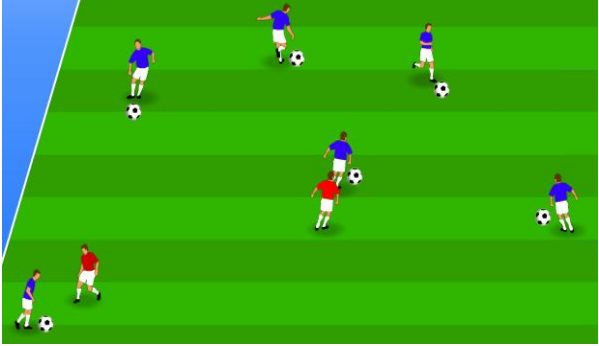



Exercise/Notes	Description	Diagram	Coaching Points
<p>Body Part Dribble 10 Minutes</p> <p>Every player w/ ball</p> <p>25yd X 25yd grid</p>	<ul style="list-style-type: none"> All players dribbling with a ball Coach yells out a body part (Knee! Bottom of the foot! Head! Elbow! Butt!) All players stop their ball with the that body part Can give points for who does it that fastest, or make the slowest do jumping jacks Vary the pass that body parts are called out Never use hands to stop the ball 		<p>Keep ball close</p> <p>Keep your head up</p> <p>Don't use hands</p> <p>Under control</p>
<p>Banshee 10 Minutes</p> <p>75% of players w/ball 25% of players w/o ball</p> <p>Same grid space as Knock out</p> <p>Banshees hold a bib in their hand</p>	<p>Players w/ ball try to keep their ball in the grid. Player's w/o the ball are the banshees. The banshees run around and try to steal and kick out soccer balls from the grid. If a player's ball is kicked out, quickly as possible they retrieve their ball and try to once again keep it inside the grid.</p> <p>Play four, 2 minute rounds</p> <p>Banshees win the game if at any point of time no player has a ball inside the grid</p>		<p>4 KEYS TO DRIBBLING</p> <ol style="list-style-type: none"> 1. Keep the ball close 2. Keep your head up 3. Bend your knees 4. Arms out to the side <p>If shielding ball:</p> <ul style="list-style-type: none"> - Keep body between defender and ball - Don't let the ball sit idle, maneuver it open space
<p>Pull Turn Pull Push</p> <p>10 Minutes</p> <p>When teaching these moves, show the move to the player first and let them walk it through. Correct errors. After a minute give key points.</p> <p>If a player is properly performing the turn, let them demonstrate to the team</p>	<p><u>Pull Turn</u> - Most simple turn in soccer, but is used at all ages from youth to professional. You are dribbling one direction and you put your foot on top of the ball (sole), role the ball the opposite direction, and accelerate away.</p> <p><u>Pull Push</u> - Perfect move for when in traffic and need to escape the pressure. Move takes the pull turn and combines it with one more touch. Place the sole on top of the ball, role (PULL) the ball back behind the plant leg with the sole, and then using the inside of the same foot, PUSH the ball into space and escape. The move has two distinct touches (both performed w/ the same foot) – use the sole to pull the ball back and then the inside to push the ball into space. When performed correctly the motion is a “backward L”</p> <p>Challenge – Pull Push, Pull Turn, Pull Turn, Repeat 4 Touches done in sequence</p>	<p>Pull Turn Youtube example: http://www.youtube.com/watch?v=4t3lQlvx9no</p>  <p>Pull Push Youtube example: http://www.youtube.com/watch?v=uzBzRY2aKRE</p>	<p>Progression</p> <p>Can they do it with their weak feet</p> <p>Can they do 3-4 in a row</p> <p>Can they do it at game speed off the dribble</p> <p>Can they do it on the coach's command</p>