



NAME: BSC Coaches Clinic

DATE: 8-7-11

TOPIC: Dribbling

SESSION OBJECTIVE: Give players confidence with the ball and attack players

EQUIPMENT NEEDS
 20 cones
 10 balls
 10 bibs

OUTLINE / COACHING POINTS: _____

I. Relay Races

- _____ Feet only juggling
- _____ High knee juggling
- _____ Head to Head / Back to Back

II. Line Dribbling Races

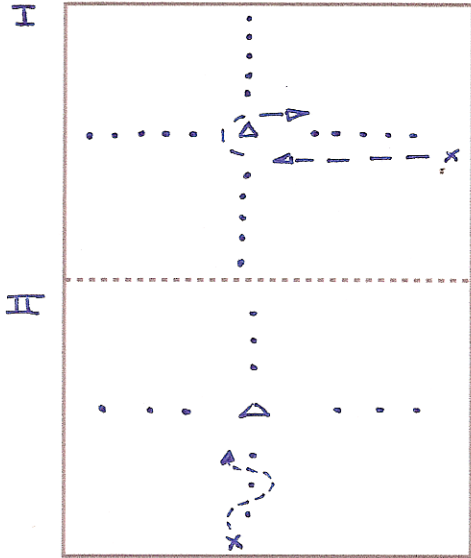
- _____ Inside / outside foot
- _____ Sole only
- _____ "V" Turns "L" Turns
- _____ Push, Push, Pull, Pull

III. Shadow Dribbling

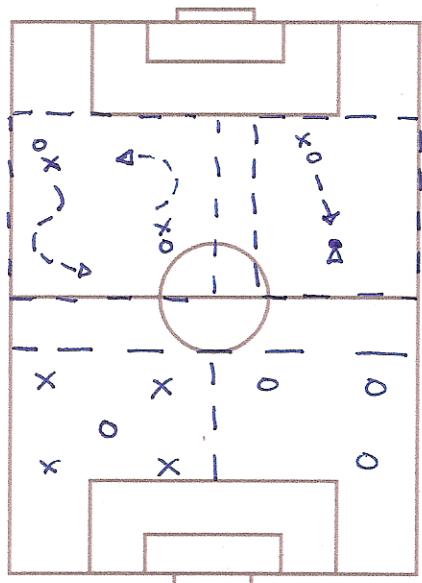
- _____ • Two players with ball each and player chases, acts as shadow
- _____ • Same restrictions used in line races

IV. 1 v 1

- _____ One versus one: knock ball off cone
- _____ • must use body to shield
- _____ • must use favorite move / fake



II



III

IV



NAME: BSC Coaches Clinic #2

DATE: 8-7-11

TOPIC: Dribbling

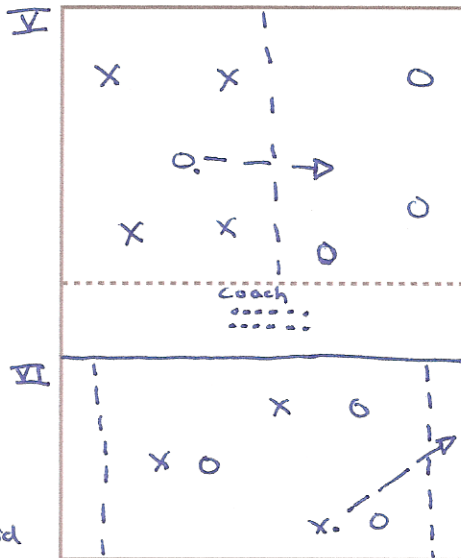
SESSION OBJECTIVE: _____

EQUIPMENT NEEDS

OUTLINE / COACHING POINTS: _____

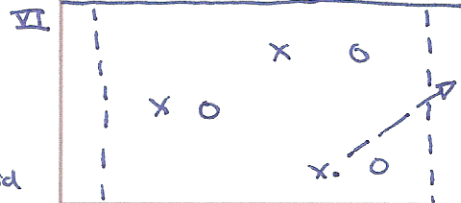
V. Transition Dribbling:

- 1 v 3 : objective to dribble back to your side
- * 3 points dribble back to team
- 1 point pass back
- 0 points knock ball out of grid



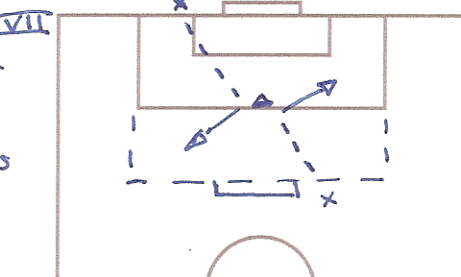
VI. Endzone Game:

- 3 v 3 : objective to dribble and stop ball inside endzone
- Encourage players to use moves used in warm up



VII. Shooting:

- Dribble to cone, players cut at same time.
- Use different fakes
- Inside / outside, step overs
- "L" "V" Turns
- Eventually remove center cone



VIII. 7 v 7 Game

- No Restrictions
- No Coaching
- Open Play

