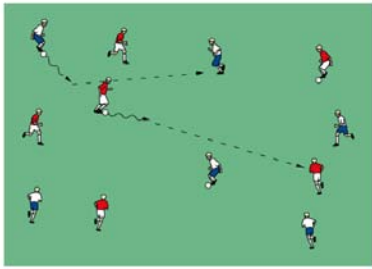




**Topic: When To Dribble-When To Pass**  
**U11 and up**

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Warm-Up</b> <b>Warm-up</b> <i>Include Dynamic Stretching</i></p>	<p>12 players-4 balls Teams are divided into two colors.</p> <ol style="list-style-type: none"> <li>1) Pass and move</li> <li>2) Pass to own color and move</li> <li>3) Pass to different color and move</li> </ol>		<p>Prepare your eyes and body to play Quickly.</p> <p>Keeping the ball moving until able to make a pass.</p>
<p>2.</p>			
<p><b>Small Sided Game</b> <b>3v3-4v4</b> <b>“Gates”</b></p>	<p>Two teams of 3-4 players. Make small “gates” that will act as goals. Points are scored when the ball is dribbled or passed to a teammate through a gate.</p> <ol style="list-style-type: none"> <li>1) Score 2 points if dribble through gate and make a connecting pass</li> <li>2) Score 1 point if pass through to a teammate who can keep control of the ball.</li> </ol>		<p>Dribbling techniques:</p> <ol style="list-style-type: none"> <li>1) Turning</li> <li>2) Beating an opponent</li> <li>3) Shielding</li> </ol> <p>Passing techniques:</p> <ol style="list-style-type: none"> <li>1) Accuracy and weight</li> <li>2) Disguise</li> </ol> <p>Thoughts to teach:</p> <ol style="list-style-type: none"> <li>1) Cues of when to dribble?</li> <li>2) Cues of when to turn?</li> <li>3) Cues of when to pass?</li> </ol>
<p>3.</p>			
<p><b>Expanded SSG</b> <b>4v4-6v6 Direction/Line game</b></p>	<p>Two teams of 4-6 players. Play even numbers against each other. There is an endzone on each end of the grid. A point is scored when a ball is dribbled into the endzone or passed to a teammate into the endzone. If passing, teammate must not be offside.</p>		<p>Dribbling techniques:</p> <ol style="list-style-type: none"> <li>4) Turning</li> <li>5) Beating an opponent</li> <li>6) Shielding</li> </ol> <p>Passing techniques:</p> <ol style="list-style-type: none"> <li>3) Accuracy and weight</li> <li>4) Disguise</li> </ol> <p>Thoughts to teach:</p> <ol style="list-style-type: none"> <li>4) Cues of when to dribble?</li> <li>5) Cues of when to turn?</li> <li>6) Cues of when to pass?</li> </ol>
<p>4.</p>			
<p><b>6v6</b></p>	<p>Play a normal match and observe.</p>	