



Around the Crowd

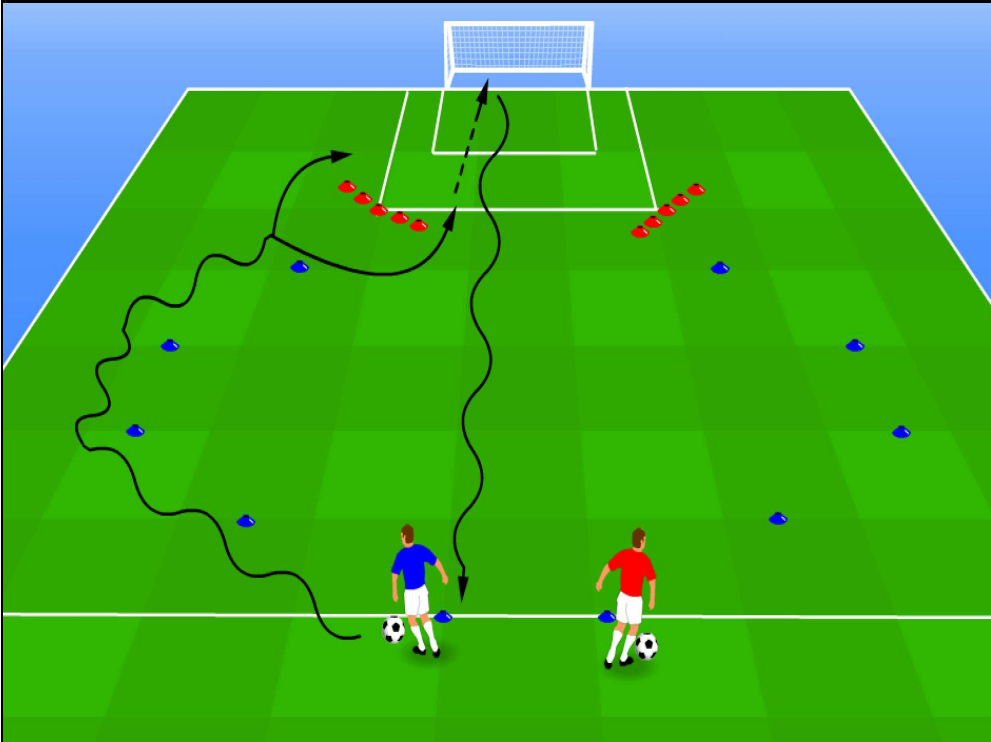
Session Focus

Dribbling
Shooting

Session Objective

The goal of this activity is to get comfortable with dribbling around a crowd of players before attacking the net.

Activity



Set Up

Playing Area

20 - 25 yards length x 5 - 10 yards width

Cones

10 - 20 cones total

Balls

1 Ball per Player

Goals

1 Main Goal

Pinnies

None

Coaching Points

Take bigger touches on the ball when dribbling over a longer distance and smaller touches when dribbling over a shorter distance.

4 Areas of Development

Psychological

Developing the decision making on when to take bigger or smaller touches on the ball.

Social-Emotional

Seen in the progression, players are working as a team to achieve a score.

Physical

Running as fast as they can while maneuvering around the cones.

Technical-Tactical

The actual skill of dribbling with the ball and the ability to take appropriate sized touches on the ball.

Organization

Set up the cones, as pictured above, to simulate a player dribbling from the middle of the field out wide (around a crowd of players), then back inside once they have gotten around the crowd of players.

Once the players get to the end, there will be 4 - 5 cones set up close together. Those cones are to act as the "final defender" for the players to run around before shooting on net.

After they shoot on net, they will collect their ball and dribble back to the starting position. Perform this activity with no goalie in net, or with a coach in net so that the players can get maximum reps without injuring anyone.

Progressions

Turn this activity into a relay race where the groups would face off against each other. After a goal is scored, the next player in line would go. First team to a specific number of goals wins. I usually do 3 Goals x # of Players.