Whole

Objectives: Dribbling
Organization:
Field size: 20m x 25m
Divide players into three teams of four. Two teams will play 3v3 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.
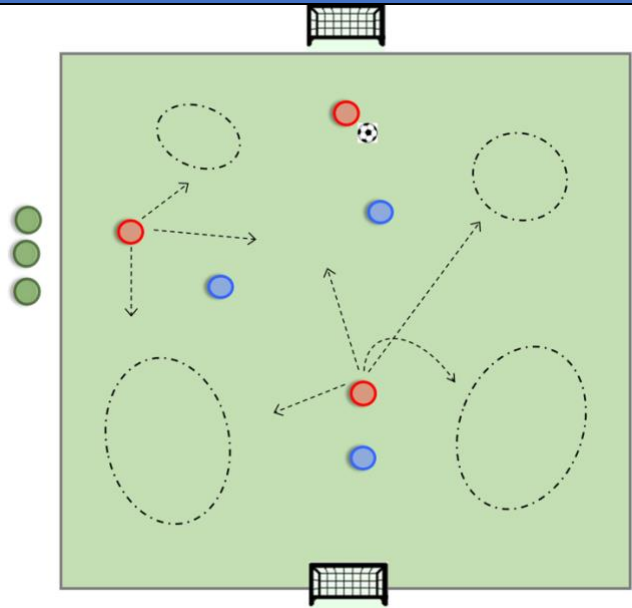**Coaching point:**
Dribbling: Encourage players to dribble forward
- Find the gaps between defenders
- Find the free spaces

Reminder!
 Team shape: remind players to adjust their position to keep their team shape (triangle) as moving forward.
Duration: 10-15 min

Part (team base)
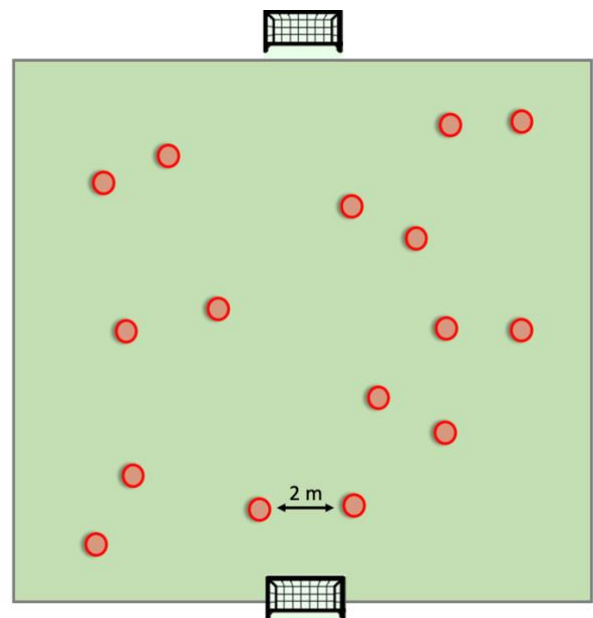
Objectives: Dribbling
Organization:
Make eight to ten gates with small cones. Divide players into two teams of six players. Name the teams, the attackers and the guardians. Guardians will protect all the gates, wing the balls from attackers and pass them to the coach. Attackers will try to find the free gates, dribble with the ball through the gate and get the point. If they lose their ball, they will perform ten burpees (or jumping jacks, toe taps, push-ups, etc) and ask for a ball from the coach and come back to the game. Switch teams every 5 minutes.
Progression:
put one pug on each end line or the side-lines. If guardians win the ball, they will try to score in the pugs right away.
Duration: 10-15 min

2 m

Whole	

Objectives: Dribbling in game situation
 	
Organization:
Field size: 20m x 25m
 	
Play 3v3. Game rules apply.
 	
Coaching points:
    • Team shape (i.e., triangle)
    • Attacking the free spaces in between or behind defenders
Progression:
You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points. Try to highlight the positive performance of players in the game and discuss it with the players who are not playing at the moment.
Duration: 15-20 min	