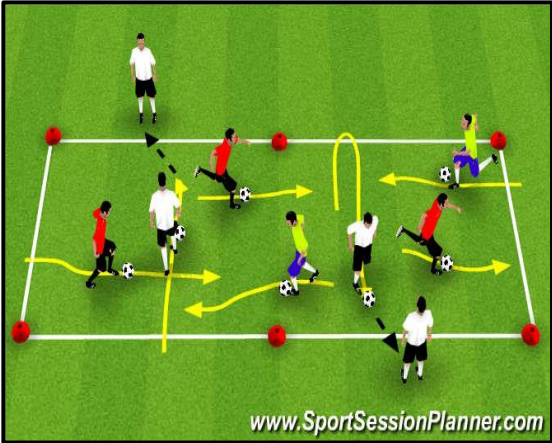
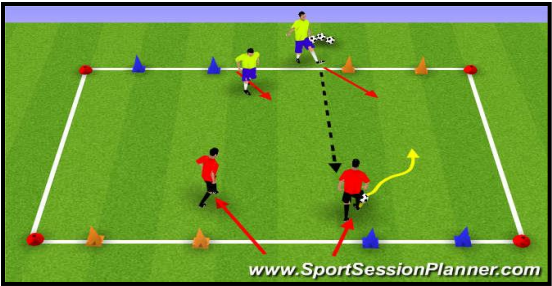



# JASA JUNIOR'S PRACTICE LESSON PLANS-WEEK 3

## Module 1: Dribbling

## Topic: Dribbling and Turning to Beat an Opponent

**Objective:** To improve the player's ability to dribble and opponent and turn when under pressure

Stage	Organization	Diagram	Guided Questions
<p style="text-align: center;"><b>Stage I Technical Warm up</b></p>	<p><b><u>Lane Dribbling:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 6Wx12L yard grid, place 2-3 players with the ball on each at the short sided ends. The players with a ball each have to dribble from one end to the other and turn back and repeat.</li> <li>• The other team (white players) starts as 2 pairs with a player from each pair on either side of the lane. The player with the ball must dribble across the area towards their partner, and connect a pass after they have dribbled past the halfway point of the grid. The partner receives the ball by taking a 'positive' touch into the lane, dribbles and performs a turn before playing the ball to their partner. Every time that the players get up and down without crashing/ getting hit by a soccer ball they get 10 points. First player to 100 wins</li> </ul>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot to use? <ul style="list-style-type: none"> <li>○ To stop</li> <li>○ To go around opponents</li> <li>○ To manipulate the ball</li> </ul> </li> <li>• Where is the space?</li> <li>• How fast can you go?</li> <li>• How to dribble?</li> <li>• How to turn?</li> </ul>
<p style="text-align: center;"><b>Stage II Small Sided Activity</b></p>	<p><b><u>2v2 to 4 Goals:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 20Wx 20L</li> <li>• Play 2v2 to score in any of the opponents 2 goals by dribbling through</li> </ul>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot to use?</li> <li>• What surface do we use to receive the ball?</li> <li>• What type of first touch should the player have? To where?</li> <li>• When to dribble an opponent?</li> <li>• When to turn?</li> </ul>
<p style="text-align: center;"><b>Stage III Expanded Small Sided Activity</b></p>	<p><b><u>4v4 to 4 Goals:</u></b></p> <ul style="list-style-type: none"> <li>• 30Wx 40L yard grid with 4 goals of 3 yards each. Goals are about 3 yards each</li> <li>• Teams play to score by dribbling through any of the opponent goals</li> <li>• No Forward Passes are allowed</li> </ul>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• What surface of the foot to use?</li> <li>• What surface do we use to receive the ball?</li> <li>• What type of first touch should the player have?</li> <li>• Where should the first touch take you?</li> <li>• When to turn?</li> <li>• When to dribble, when to pass?</li> </ul>
<p style="text-align: center;"><b>Stage IV Conditioned Game</b></p>	<p><b><u>6v6 or 7v7:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball</li> </ul>		