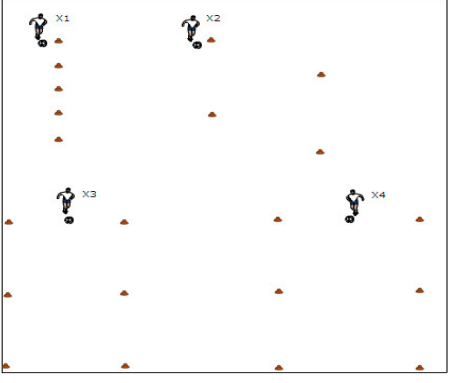
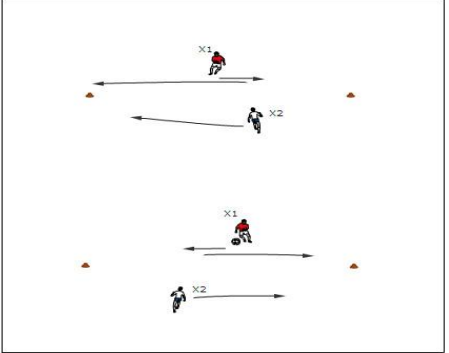

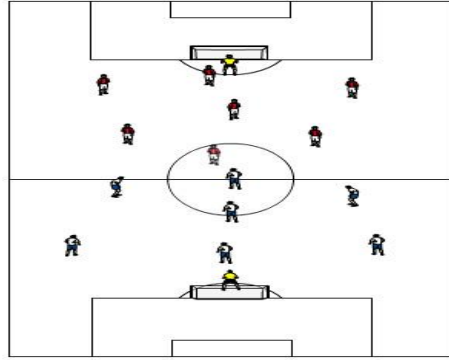


Okanagan Whitecaps FC Coaching Session Planner (Technical Session)

Coaches Name	David Broadhurst	Session Topic	Dribbling and Turning		
Date Produced	April 6 <sup>th</sup> 2009		Time available	2 hours	
Organization		Diagram		Coaching Points	
<p>Dribbling circuit to warm up.</p> <p>X1 dribbles in and out of cones.</p> <p>X2 dribbles around cones in zig zag.</p> <p>X3 dribbles and turns.</p> <p>X4 dribbles and performs skills.</p>				<p>Quality of movements to allow body to warm up effectively.</p> <p>Encourage players to bend knees around cones and stay tight to them.</p> <p>Increase intensity as warm up develops.</p> <p>Dribbling technique, turns, skills.</p>	
<p>Cones placed 10 yards apart.</p> <p>Begin without the balls.</p> <p>X1 attempts to send X2 in the wrong direction and beat them to a cone.</p> <p>X1 then has ball at feet X2 ball in hands.</p>				<p>Dribbling technique, lots of touches of the ball, keep it under control, bend knees, and look up occasionally.</p> <p>Sell your moves, make them real!</p> <p>Turning skills to allow sharp turns to react to where the player travels.</p>	
<p>8 x 8 yard box placed 25 yards from goal.</p> <p>X1 must dribble through the box if they want to shoot at goal.</p> <p>X2 acts as defender and tries to force X1 out of the sides of the box.</p>				<p>Repeat previous coaching points.</p> <p>Be positive, attack with speed.</p> <p>Sell your moves.</p> <p>Accelerate past defender.</p> <p>End product, hit the target, work the goalie.</p>	
<p>70 x 50 yard playing area.</p> <p>7 v 7 or 8 v 8.</p> <p>Small sided game coach can determine conditions of game appropriate to the players and the topic of the session.</p>				<p>Repeat all previous coaching points.</p> <p>Communication.</p> <p>Movement to create 1v1 situations.</p> <p>Decision making, when to pass and when to dribble. (Encourage dribbling!!)</p>	