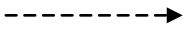



Key:

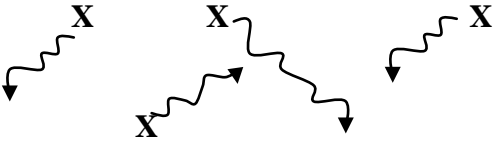
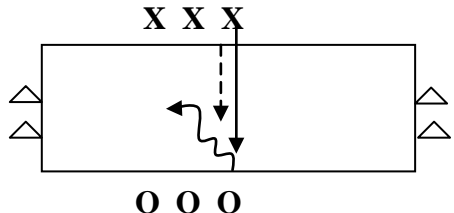
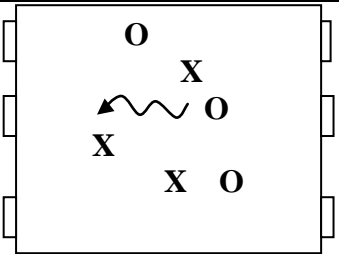
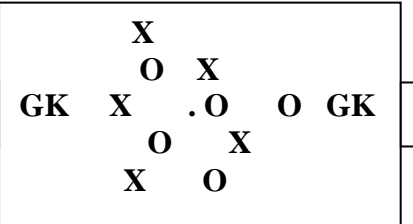
Running without the ball 

Running with the ball 

Pass 

TOPIC: Moving w/ the Ball

MYSA 'D' License Course

<p><u>FUNDAMENTAL (Warm-Up)</u></p> 	<p><u>ORGANIZATION</u></p> <ul style="list-style-type: none"> • Dribbling in free space with different surfaces of both feet. • "Turn"-stop and go other direction • "Out"-accelerate into space; add turn or 1v1 move first 	<p><u>KEY COACHING POINTS</u></p> <ul style="list-style-type: none"> • Touch ball every step in tight spaces • Bend knees to prepare for push off in new direction and at speed • Change of pace on change of direction • Push ball away when accelerating for longer strides and use laces.
<p><u>MATCH RELATED ACTIVITY</u></p> 	<ul style="list-style-type: none"> • 20x10, players start on sides at midline • 1 v 1 to dribble gates on endlines • Pass and follow to defend • Player with ball can dribble thru either gate 	<ul style="list-style-type: none"> • 1st touch out of feet and deceptive • Speed w/ ball when path to gate exists • Shield ball – arm, body, far foot • Accelerate after change of direction or feint/fake
<p><u>MATCH RELATED ACTIVITY</u></p> 	<ul style="list-style-type: none"> • 20x30 to 3 gates at each end • 3v3 • Dribble thru gate to score 	<ul style="list-style-type: none"> • Seek/recognize 1 v 1 opportunities • Attack with speed and courage • Team shape and support to create space for dribbler
<p><u>GAME CONDITION</u></p> 	<ul style="list-style-type: none"> • 60x40 • 5v5 plus GK's 	<ul style="list-style-type: none"> • Attack with speed • Movement to create space to attack • Recognize space/situation to go forward • Keep possession/shield when no space to go forward • Safety vs. risk considerations