

2010 NSCAA Convention Clinic Outline Book

NSCAA State Diploma Dribbling (Session 2 of 4)



NSCAA
Academy

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LEARNING OBJECTIVE: To introduce the skill of dribbling and how to present it to players ages 5-7 years old.

A copy of the NSCAA State Curriculum book is available for purchase for \$10. For an expanded version of the outline for this session, please visit <http://www.nscAA.com/educatingcoaches.php>

There are countless opportunities to dribble in a game and each opportunity presents a different set of demands. For example, when the player in possession has open space forward, she must be able to efficiently run with the ball at speed; if she is stuck in traffic she must be able to protect the ball and emerge into space; and if she is faced with only one defender to beat she must have techniques at her disposal to creatively deceive the last defender and get to goal.

To prepare for this broad array of demands, players should be put in situations where they must use a variety of dribbling techniques. Techniques should be taught with minimum pressure at first and lots of repetition. As players gain comfort with the ball, pressure can be slowly added. By slowly facing additional pressure, the players are given a chance to gain confidence and improve the skills necessary to solve the problems of the game. Creativity can take flight if the players are allowed to discover solutions to problems after being armed with the tools necessary for success. This is best achieved through activities offering maximum repetition (touches) in a fun environment followed by small-sided games that encourage players to experiment, take risks, and creatively use the techniques being taught to find success in the game.

Coaching Points:

- Use different parts of the feet
- Big space, big touches
- Small space, small touches
- Take risks when dribbling
- Control, lots of touches
- Keep your head up
- Practice at game speed

Warm-up:

- Should include balance and movement activities
- Without ball and with ball
- Should be fun, functional and encourage creativity!

Activities

Follow The Leader Coaches
Association of America

PHILLY
2010

Multiple Goal Game

Treasure Hunt

Nutmeg Relay

Offset 1 v. 1

Win the Space

Ultimate 1 v. 1

Wide Goal Game

To earn the NSCAA State Diploma, a coach must attend all four sessions and have their card stamped by an NSCAA Convention staffer.