



Practice Plan Grades 1 & 2

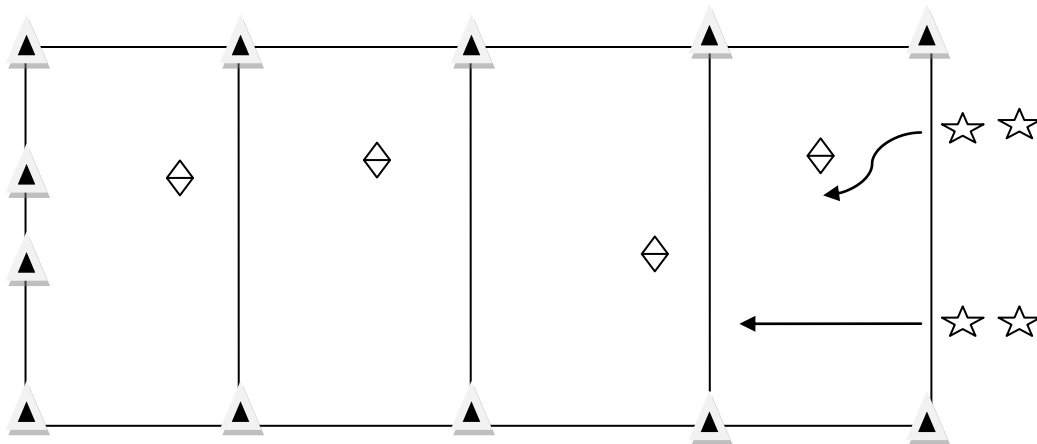
Dribbling

Zone Dribble

3

Set Up

- Divide players into two equal teams. Assign each a color.
- Layout a field using cones to create four zones. Place a small goal at far end.
- One team starts at the end of the field. Each player has a ball.
- Two players at a time try to dribble through the zones and score a goal.
- Defending team is divided up into the zones. Each defender must stay in his zone.
- As players dribble through, defenders try to clear ball to the side.
- Once players have gotten through first zone the next players may go.
- Players run around outside of field back to starting lines .
- Play for two minutes. Count goals scored. Switch teams.



Coaching Points

- Keep head up (watch where you are going)
- Dribble to open space.
- Keep ball close.
- Accelerate once player is beaten.

Progression

- Put two defenders in one of the zones.
- Decrease size of the zones.
- Decrease the size of the goal.