



“Godzilla”

East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: To build confidence when dribbling under some pressure, develop accuracy

Duration: 10 minutes

The Basics		<p>Organization 10yd x 10yd grid, all players with a ball. Coach (Godzilla) in the middle</p>
	<p>Activity At the coach’s signal, players dribble away from coach, shielding the ball. Coach is Godzilla, trying to tear up Tokyo by stealing soccer balls and sending them out of the grid. Players must stay within grid. If balls leave grid in this phase, players must perform 3 moves to earn their way back in.</p> <p>After two minutes, roles change and players launch an attack on Godzilla, dribbling to a position where they can send an accurate pass to hit Godzilla’s feet to trip him up. 1 point for every Godzilla hit in 2 minutes.</p>	
	<ul style="list-style-type: none"> • This should be a loud, fun activity. • Encourage proper shielding of ball; dribbling with foot furthest away from Godzilla when avoiding Godzilla • Proper set up for a passing touch to Godzilla’s feet, then wide foot, toe out and up, ankle locked • Slowly increase intensity of Godzilla’s pressure when on attack, increase Godzilla’s speed when fleeing from incoming passes. • Allow kids to successfully hit your legs with passes to build confidence. 	
	<p>None</p>	
Progression	<p>When players are dodging Godzilla, require them to dribble toward Godzilla, then make a CoD move to get away.</p> <p>If a fleeing player is tagged by Godzilla, they become Godzilla babies, and chase the remaining players.</p>	