



“Triple Move Triangle”

East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: To hone dribbling skills, particularly when executing dribbling moves.

Duration: 10 minutes

The Basics		<p>Organization A 10yd x 20yd grid w/ cone triangles as pictured, for every pair of players.</p> <p>1 ball per pair/grid</p>
	<p>Activity At the coach’s signal, the player with the ball for each pair begins at the starting point, and as fast as she can, dribbles to the 1st cone, executes a move, dribbles to the 2nd cone, executes a move, goes around the 3rd cone with a move, then dribbles toward her paired teammate and passes her the ball so she can do the same. 1st player returns to starting point to receive pass.</p> <p>See how many iterations each pair can do in a minute; keep score and reward the winners. 1st time through the activity, allow them to use any move they like. Each subsequent round, require a specific move (pull back and shield, Cruyff, scissors, etc).</p> <p>Change direction from CCW to CW after a few rounds.</p>	
	<p>Encourage a burst of speed after each move at each corner. Encourage a positive first touch when receiving pass from paired teammate. Encourage keeping ball close and under control.</p>	
	<p>None</p>	
Progression	<p>None</p>	
Coach Pts		
Mod		