

Lesson Review

Date: 11-21-08

Time: 3:15

Location: [REDACTED]

Player(s): [REDACTED]

Lesson Focus: 1st touch, dribbling

1st touch (with pressure from behind)

- Move towards the ball before and during your trap. If you stand still the defender will hit you in the back.
- Touch the ball into space the way you are facing

Dribbling (1 v 1)

- 1 v 1 is a great way to have fun and experiment with new moves. The more you can play on your own, the better dribbler you will become and the more comfortability you will have on the ball.
- Remember, you don't have to beat the defender. All you have to is create an opening for the ball.

What to practice?

Juggling and/or 1 v 1 if you have a friend to play with