

# Draganov School of Soccer

**Tuesday:** Topic of the day: Dribbling

## Morning Session

|                |  |
|----------------|--|
| <b>9:00am</b>  | <b>Warm-up, Speed &amp; agility</b>              |
| <b>9:30am</b>  | <b>Dribbling (inside/outside of foot, laces)</b> |
| <b>10:30am</b> | <b>Games for improving fast/quality dribble</b>  |
| <b>11:00am</b> | <b>Scrimmage</b>                                 |

## Afternoon Session

|               |   |
|---------------|---|
| <b>2:00pm</b> | <b>Warm-up, Fast foot Work</b>                  |
| <b>2:30pm</b> | <b>Tactics: When to Dribble... When to pass</b> |
| <b>3:00pm</b> | <b>Scrimmage</b>                                |