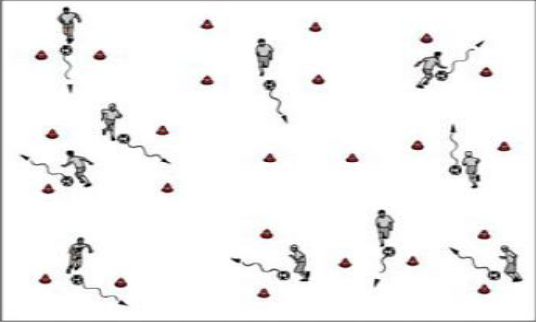
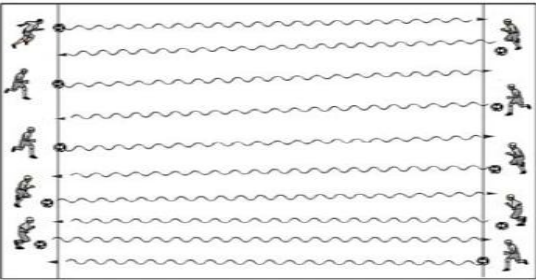
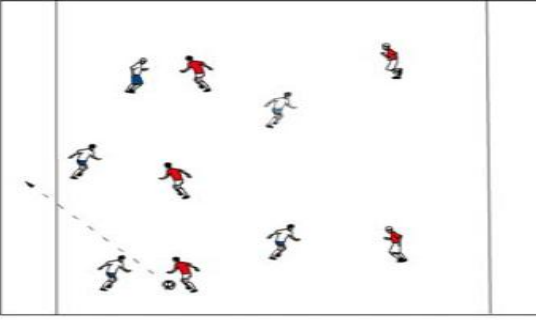
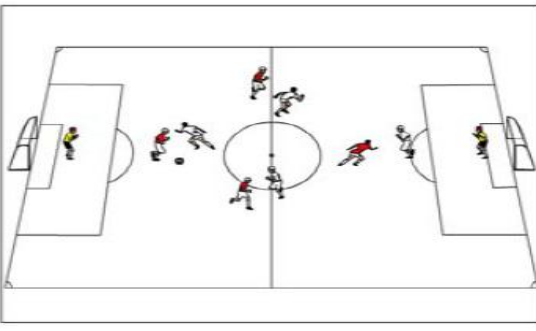


Warm Up- Multi Cone Dribbling	<u>Organization</u>	<u>Key Coaching Points</u>
	<ul style="list-style-type: none"> <li>• Set up random goals (Cones 2-3 yards apart) - 25 x 25 yard training area</li> <li>• Each player has a ball</li> <li>• Players try and score as many goals as possible by dribbling through the goals in a set time period</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum amount of touches to cover space</li> <li>• Dribble with the laces</li> <li>• Stretch to the ball</li> </ul>
<h3>Small Group Activity - Charge</h3> 	<ul style="list-style-type: none"> <li>• Training area 25 x 15 yards</li> <li>• Organize the players into two equal teams</li> <li>• All players have a ball and start on opposite end lines</li> <li>• When the coach shouts “charge”, they each dribble towards each other and try to get to the opposite end line and stop the ball on the line</li> <li>• The team that stops all their balls on the opposite end line first scores 1 point. Play first to 5 points</li> </ul>	<ul style="list-style-type: none"> <li>• Keep head up while dribbling</li> </ul>
<h3>Large Group Activity - 5 v 5 to End Zones</h3> 	<ul style="list-style-type: none"> <li>• Divide players into two equal teams. Training area 30x 40 yards with end zones</li> <li>• A player scores by dribbling over the other team's end line</li> <li>• There are no throw-ins or kick-ins. If the ball goes out of bounds the coach feeds in a new ball</li> <li>• Condition: Create numbers down situations to allow more space for dribbling</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize when and where there is space to dribble</li> <li>• Cover the space quickly</li> </ul>
<h3>The Game</h3> 	<ul style="list-style-type: none"> <li>• 4 v 4 or 5 v 5 + keepers</li> </ul>	