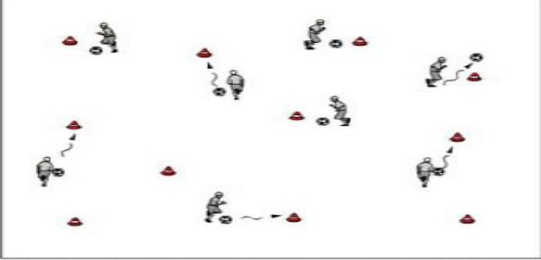

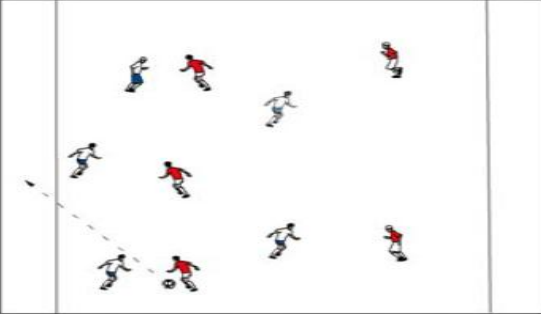
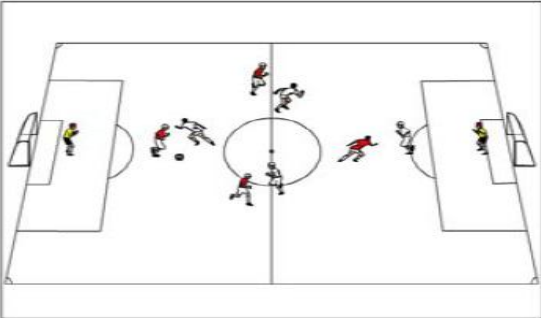


<p>Warm Up- Multi Cone Dribbling</p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Set up random goals - 25 x 25 yard training area • Each player has a ball • Players dribble at the cones performing various moves e.g. Step over, Matthews etc. • Challenge the players to beat as many cones as possible in a set time period. 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Close Control • Change of Pace - Accelerate past and behind the cones • Change of direction • Body fakes/Eye fakes
<p>Small Group Activity – 1 v 1</p> 	<ul style="list-style-type: none"> • Training area 20 x 15 yards with small goals • Organize the players into two teams of five, numbered 1- 5 on opposite end lines • The coach calls out a number, feeds a ball and those two players play 1 v 1 to two small goals • Coach can call 2 numbers or 2 numbers from one team and 1 from the other to create numbers up/numbers down situations 	<ul style="list-style-type: none"> • Go directly at the defender • Try to make the defender commit to the ball • When and where to fake • Vision and awareness – dribbling with head up • Accelerate into the space past and behind the defender
<p>Large Group Activity - 5 v 5 to End Zones</p> 	<ul style="list-style-type: none"> • Divide players into two equal teams. Training area 30 x 40 yards with end zones • A player scores by dribbling and controlling the ball over the other teams' end line • There are no throw-ins or kick-ins. If the ball goes out of bounds the coach feeds in a new ball • Condition/Progression: Cannot pass forward 	<ul style="list-style-type: none"> • Positive first touch • Positive dribbling mentality • Recognize 1 v 1 situations quickly
<p>Game</p> 	<ul style="list-style-type: none"> • 4 v 4 or 5 v 5 + keepers • No conditions – Encourage players to recognize 1 v 1 situations and to dribble at opponents in appropriate areas 	