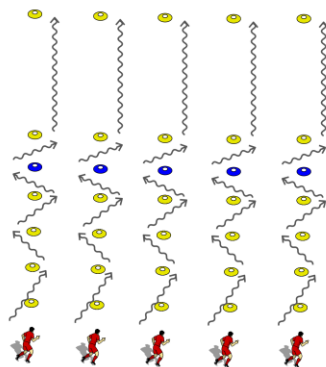




OBJECTIVES- Dribling - Running with the ball



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TECHNICAL WARM-UP Grid Size: 20x30 Duration: 15 Mins

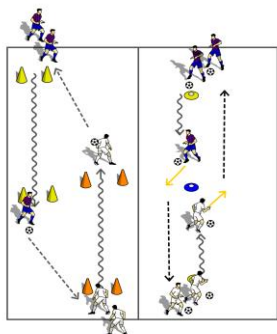
French Dribbling

Groups of 3-5 players max in each line, cones 1 yd apart
Player A dribbles thru cones using different parts of feet.
When Player A gets to blue cone Player B can proceed
Once past the last cones he should speed dribble and perform a turn and return to the end of the line.

Progression: After turn he can pass to the player at the back of the line

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.
Lots of small touches.



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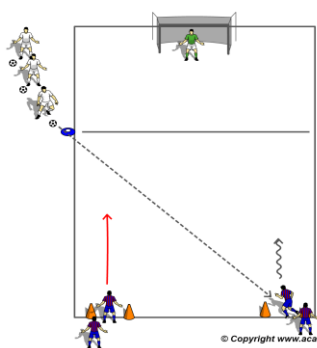
ACTIVITY 1 Grid Size: 20x30 Duration: 15 Mins

Activity 1: One ball per line. 1: Runs with the ball and passes the ball across to the next player in line with the right foot 2: Run and Pass with the left foot

Activity 2: Every Player with a ball. 1- Run at each other and make a move going to the right then accelerate and pass the ball 2-Perform a move and go to the left

COACHING POINTS / KEY CONCEPTS

Push the ball forward with the laces. Big toe down.
The head is up and the eyes scan the field
Distance and pace of the touch matches the stride



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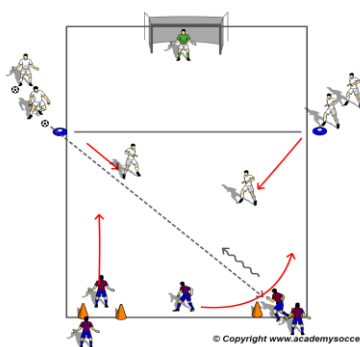
ACTIVITY 2 2v1 to goal Grid Size: 20x30 Duration: 15 Mins

The defender starts with a pass to the attackers who dribbles into the field, he has the option to pass to the teammate or run with the ball into the scoring zone to beat the keeper.
Once one of the attackers dribbles past blue cones he can now score a goal,

If the defender wins the ball he can dribble thru one of the two counter goals

COACHING POINTS / KEY CONCEPTS

The head is up and the eyes scan the field
Know when to pass and when to dribble



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ACTIVITY 3 3v2 to goal Grid Size: 20x30 Duration: 15 Mins

The defender starts with a pass to one of 3 attackers who dribbles into the field, he has the option to pass to the teammates or run with the ball into the scoring zone to beat the keeper.

Once one of the attackers dribbles past blue cones he can now score a goal,

If the defenders win the ball they can dribble thru one of the two counter goals

COACHING POINTS / KEY CONCEPTS

The head is up and the eyes scan the field, look for open man
Know when to pass and when to dribble