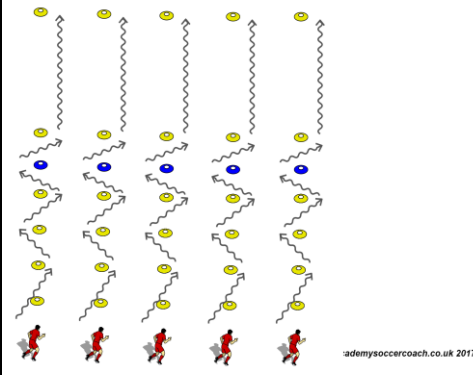




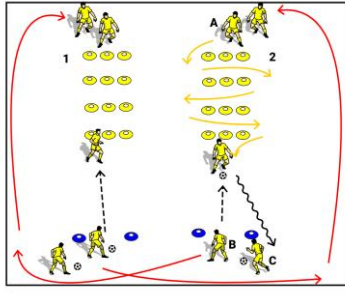
OBJECTIVES- Passing, Receiving and Dribbling



**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.

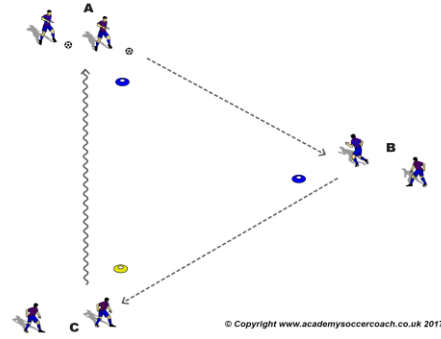


**Speed and Agility with Ball** Grid Size: Duration: 15 Mins

**Set 2 groups of cones up 2yds in width and 4yds long**  
 The players perform different agility steps as they go in and out of the yellow cones. As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player.  
 The player who just passed then jogs behind to the other line.

1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

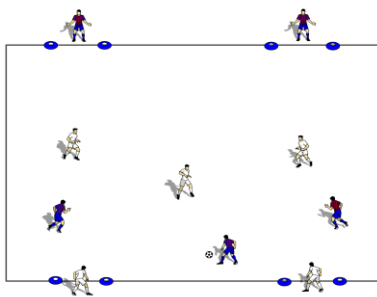
**COACHING POINTS / KEY CONCEPTS**  
 It's not a race! Go slow and do the movements correctly  
 Knees bent and feet always shoulder width apart, run on balls of feet  
 Make good passes. Toe up ankle locked, follow thru to target



**ACTIVITY 1** Passing Triangle Grid Size: 20x30 Duration: 15 Mins

Player A plays with the left foot to player B who takes the ball with the inside of the left foot across the body and passes with the left foot to player C. Player C receives with inside of left foot and dribbles with speed to beginning.  
 \*Switch directions - Only right foot  
 \* Up-back-thru at yellow cone

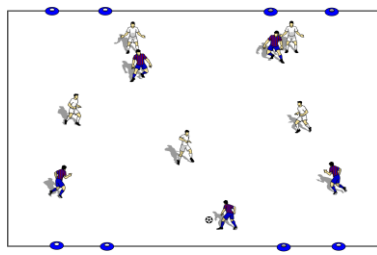
**COACHING POINTS / KEY CONCEPTS**  
 Go away to create space, check shoulder  
 Good 1st touch to pass or dribble on the 2nd touch  
 Good pass- Toe up, Ankle locked



**ACTIVITY 2** 3v3 + 2 Grid Size: 20x30 Duration: 15 Mins

Teams play 3v3 and try to connect passes thru gates to targets.  
 If targets can play back to team they can keep the ball and try to score again.  
 \* Play games to 3 goals or 5 minutes, then switch players  
 \* Limit touches to make it more challenging, 2-3 touch  
 \* Must connect 3 passes before playing to targets

**COACHING POINTS / KEY CONCEPTS**  
 Shape, Width and positioning of players  
 Movement of players



**ACTIVITY 3** 5v5 to 4 goals Grid Size: 20x30 Duration: 15 Mins

Team plays 5v5 to 4 goals  
 \* Play games to 3 goals or 5 minutes  
 \* If team connects 7 passes that counts as 1 goal  
 \* Limit touches to make it more challenging, 2-3 touch  
 \* One time finishes count as 2 goals

**COACHING POINTS / KEY CONCEPTS**  
 Shape, Width and positioning of players  
 Movement of players