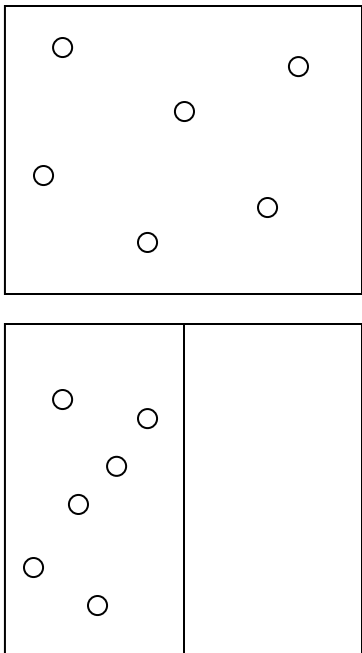


(Set-Up: 20x20 square, Two shared 15x15 squares)

Dribbling – Square Activities (20 Mins)

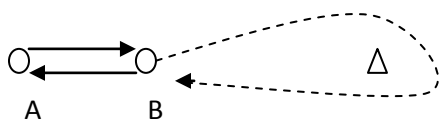


1. Commands - All players in square grid, dribbling. Coach provides commands such as: Left foot only, right foot only, stop, outside turn, inside turn, tick-tock, etc.
2. Body Parts – Coach commands dribbling players to stop and touch the ball with: right knee, sole of foot, chest, shoulder, etc.
3. Space – On command, players stop dribbling. Player with most surrounding open space is winner. Continue.
Add Second Square
4. On command, all players dribble into other square using commanded part of foot: outside, left, right, soles, insides, etc.
5. Half in each square. On command, leave their ball and find new ball in other square, continue dribbling.
6. Same as above except now, take your ball with you to other square, making sure to avoid ANY contact.
7. Squares combined, players in pairs, 1 ball per pair. One player dribbles in squares, other tries to follow within one yard. Trying to lose shadow.

BREAK (5 Mins)

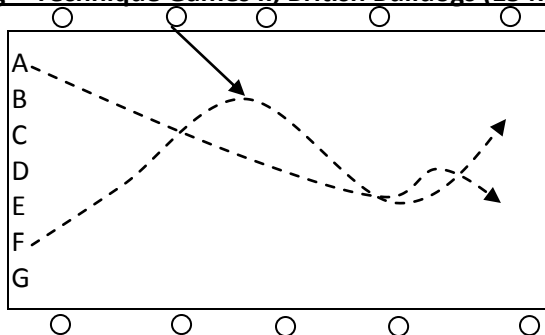
(Set-Up: 3 cones per pair of players as below / 25x15
 “Island” as below)

Passing – Technique Games I, Elvis (10 Mins)



Elvis Presley - Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball . Payer B must call A’s name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles. Left only, right only, laces only.

Passing – Technique Games II, British Bulldogs (15 Mins)

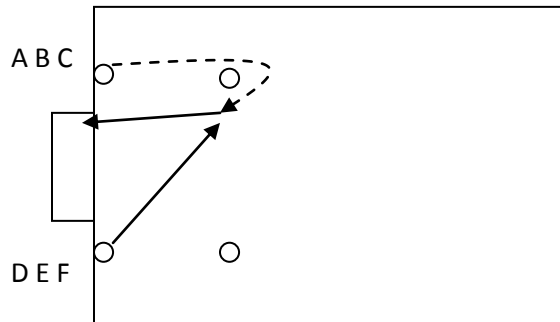


British Bulldogs
 Set up Island (diagram). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

BREAK (5 Mins)

(Set-Up: 4 cones as below, goal / field)

Shooting – Around & Strike (10 Mins)



Two lines of players as in diagram. Player C runs around cone and player F passes into shooter's path. C shoots. Repeat from the other side. Lefts only, rights only, laces only, bouncing balls, etc.

Small-Sided Game (20 Mins)

4v4, No Goalkeeper

