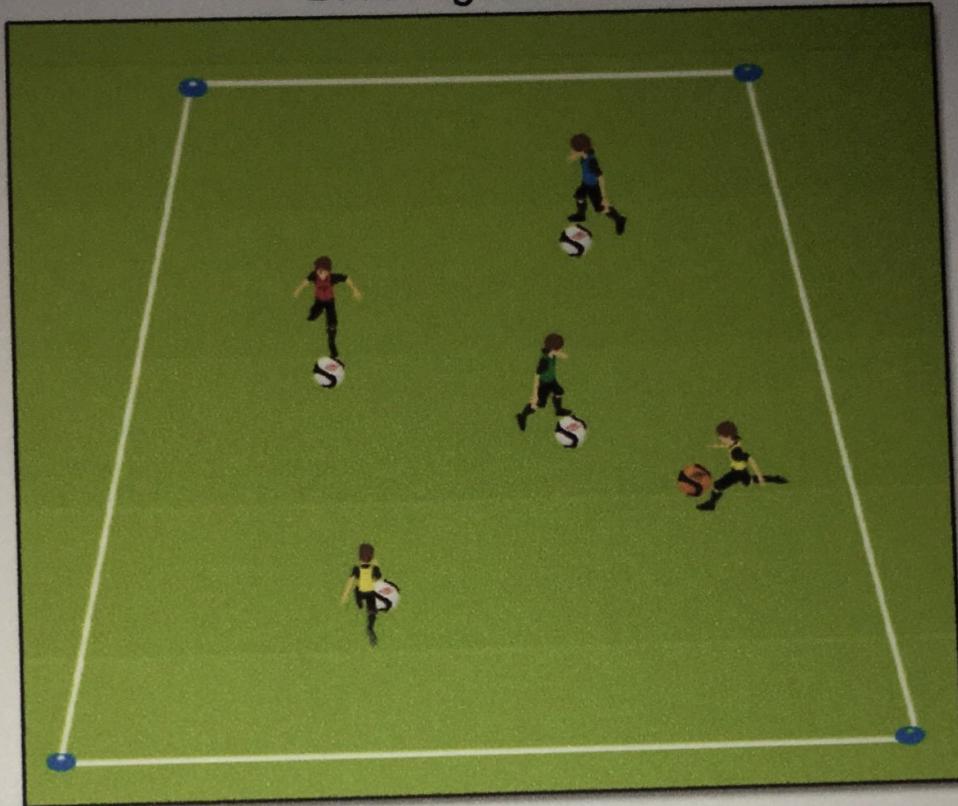


Week Three – Warm Up

Dribbling Marbles



OBJECTIVE:	Learning to dribble in tight spaces
TIME:	15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	4 cones, one ball for each player
ORGANIZATION:	Every player with a ball
RULES:	Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
ACTIONS	Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole. U9-U10 Ball Coordination Review 1-6, 11 and introduce #12 Double Touch U11 Ball Coordination Review 1-6, 11 and 12
COACHING POINTS:	Teach  BALL MASTERY
VARIATIONS	Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week Three – Tech Game**FOUR CORNERS X 2 WITH BALL****OBJECTIVE:**

Improving Speed Dribbling

TIME:

15 minutes

GRID SIZE:

20 yards (length) x 15 yards (width)

EQUIPMENT:

Four large cones, four small cones, ball for each player

ORGANIZATION:

Team split between four corners, each player with a ball. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)

RULES:

Dribble to opposite corner as quick as possible, next player dribbles when player in front reaches small rectangle.

COACHING POINTS:

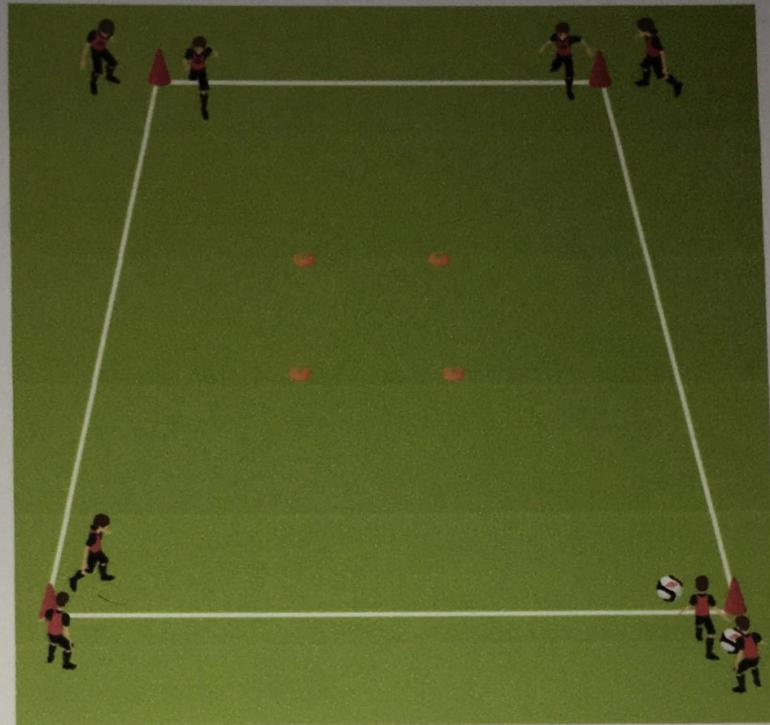
Dribbling with speed (instep/laces)

VARIATIONS

- Dribble with right/left foot
- Dribble through rectangle (avoid opposing player)
- Dribble around one cone (two cones)
- Dribble around a cone and go to an open corner
- Dribble around cone and pass back to teammate (repeat)

Week Three – Fitness

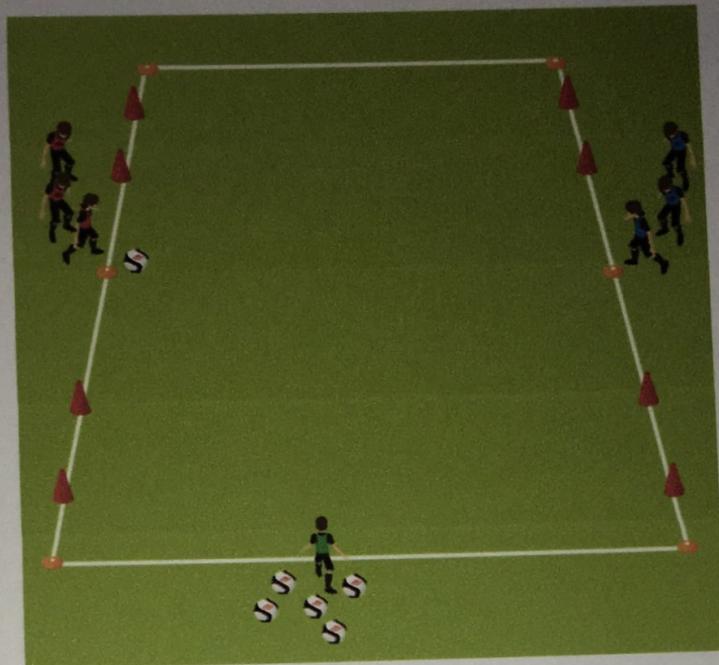
Four Corners X 2



OBJECTIVE:	Improving coordination, speed and agility
TIME:	15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	Four large cones, four small cones
ORGANIZATION:	Team divided into four corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
RULES:	1st player runs to opposite corner as quick as possible, next player starts when player in front reaches small rectangle
COACHING POINTS:	Strong Effort
VARIATIONS	Start on stomach Start sitting up, cannot use hands to get up Run through rectangle (avoid opposing player) Run around one cone (two cones) Run around a cone and go to a different corner Run to rectangle, somersault continue to opposite Add ball for game like situations

Week Three – Technical/Tactical Game

1 v 1 to four goals



OBJECTIVE:

Improving ability to go past a defender, changing the point of attack with the dribble

TIME:

15 minutes

GRID SIZE:

15 yards (length) x 20 yards (width); vary size by age and ability

EQUIPMENT:

6 small cones, 8 large cones, pinnies for 1/2 of team, supply of balls

ORGANIZATION

2 teams (one on each end of field). Players defend two goals and attack two goals

RULES:

Players can enter the field when coach passes ball. Attacking player attempts to score on either goal, if defending player wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.

COACHING POINTS:

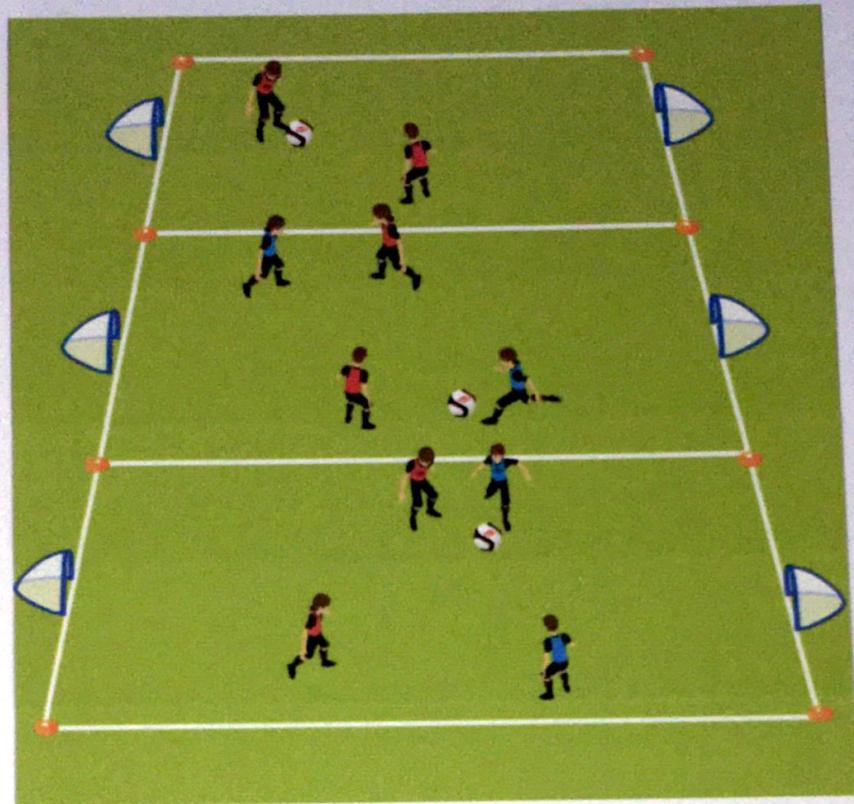
Make defender move (dribble at angles, not straight)
Change direction with a burst of speed
Use dribbling moves, which ones are most effective?
Transition from attack to defense; and defense to attack.

VARIATIONS

Two attackers vs. one defender
Two attackers vs. two defenders

Week Three – Final Game

2 V 2 Tournament



OBJECTIVE:

Improving play in 1 v 1 and 2 v 2 situations

TIME:

15 minutes

GRID SIZE:

3 grids side by side, 15 yards (length), 10 yards (width), goals 4 yards width

EQUIPMENT:

12 cones (for goals only) No sidelines

ORGANIZATION:

Divide team into pairs (six pairs)

RULES:

Teams play 2 v 2 and rotate opposition every 3 minutes. Team with most wins tournament.

COACHING POINTS:

- Decision making dribbling vs. passing
- Players dribbling with head up (vision)
- Combination Play (wall pass)
- Transition from attack to defense and defense to attack

VARIATIONS

Players rotate partners (individual score)