

Topic: _____

Objective: Technical: Running with the ball, ball mastery/control, 1v1 play. Motor: Walking, running, jumping, crawling

Session Part: Initial Game

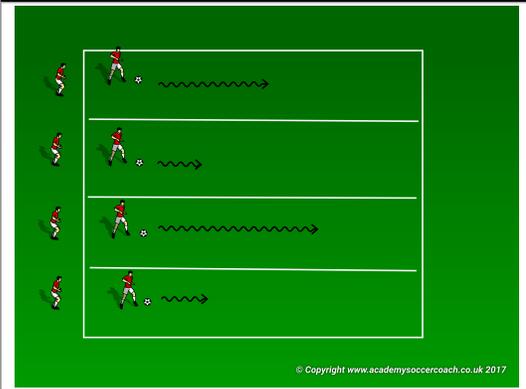


Organization **Time:** 10

Area: 20x20
 Numbers: All Players
 Animal dribble
 All players dribble the ball freely around the area. The coach calls out an Animal and asks the players to imitate the way the animal walks
 Snake = crawl , Frog = jump, Cat = walk on 4 legs, lobster= walk on 4 legs backwards

Progressions	Coaching Points
Include your own variations	Awareness to avoid collisions. Create a positive to stimulate creativity

Session Part: Technical Fundamentals



Organization **Time:** 10-15

Area: 8x12 channels
 Numbers: All players, groups of 2
 Players run/dribble the ball from one end to the other using the technique prescribed. Once at the other end the next player goes.
 1= Sole rolls skipping 2= Lateral rolls running 3= Outside of the foot dribbling

Progressions	Coaching Points
	Close control Looking up

Session Part: Technical Game



Organization **Time:** 10

Area: 15x20
 Numbers: All players
 Pirates and Guards
 In the center of the area is treasure (cones). There is one guard (black player) in each of the zones shown. Pirates (players with the ball) try and dribble through the first zone, grab some treasure, dribble through the second zone and to safety. If you make it to safety go back to the start and try again. Guards try to prevent this by trying to kick the ball out of the zones 9if they do pirate goes back to start).

Progressions	Coaching Points
Change players roles often	Encourage creativity from pirates when dribbling past guards Close control Change direction and go around guards

Session Part: Festival Games



Organization **Time:** 20-30

Area: Full field
 Numbers: Teams of 3/4
 Split your team up into red and blue teams and let them play 3v3/4v4. On signal one team stays and one rotates

Progressions	Coaching Points
	When ball goes out play new one in from middle Encourage dribbling skills