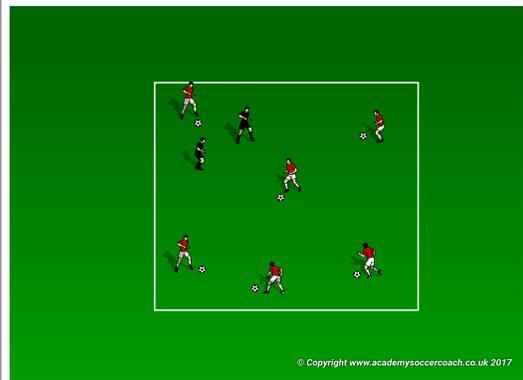


Topic: _____

Objective: Technical: Running with the ball, ball control/mastery, 1v1 duel. Motor: Running, jumping, crawling, carrying ball.

Session Part: Initial Game

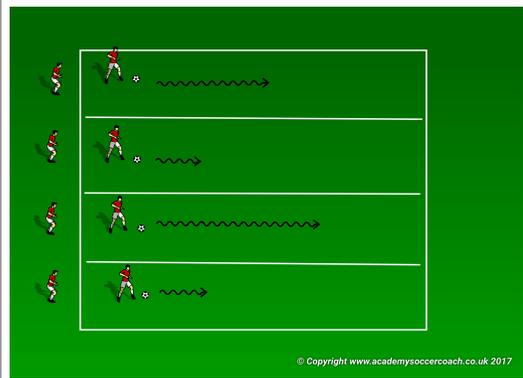


Organization **Time:** 10

Area: 20x20
 Numbers: All Players
Rabbit and the Hunter
 Players move freely inside the area. 2 hunters and 6 rabbits. Hunters capture rabbits by tagging them, once captured, stop on spot and open legs. Other rabbits must crawl through legs to free.

Progressions	Coaching Points
Change hunters every minute or so (b) once captured crouch, other rabbits must jump over (c) all rabbits carry ball, to free must pass through legs and pick up on the other side	Urge players to help their team mates when they are captured Soft pass/touch through legs Keep ball close and under control

Session Part: Technical Fundamentals

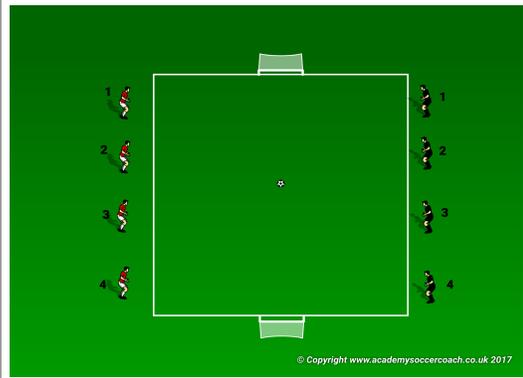


Organization **Time:** 10-15

Area: 8x12 channels
 Numbers: All players, groups of 2
 Players dribble their ball across the channel, every 3/4 touches they perform the designated feint
 1 = scissor 2 = double scissor 3 = stepover outside cut

Progressions	Coaching Points
	Close control Execution of feint Explode out of move

Session Part: Technical Game

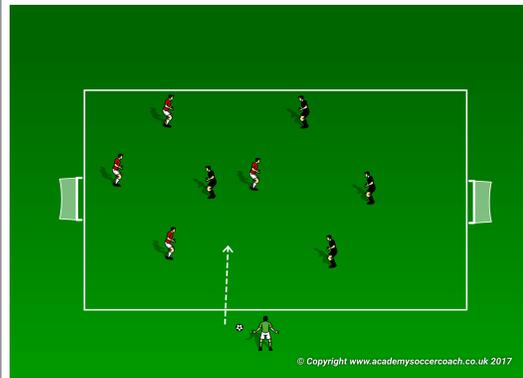


Organization **Time:** 10

Area: 15x20
 Numbers: All players divided into 2 teams
 Players line up alongside the sidelines and are given a number. The coach places a ball in the middle of the field and calls out a number.
 1st player to the ball becomes the attacker and can score in either goal, other player becomes defender and tries to stop them by dribbling/kicking ball out of grid.

Progressions	Coaching Points
(b) when defender wins ball they have 5s to try and score	Can you use one of the feints to get past the defender Close control Running with ball in space

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