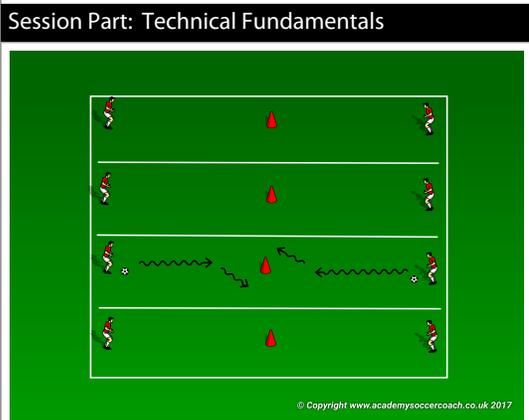


Topic: _____

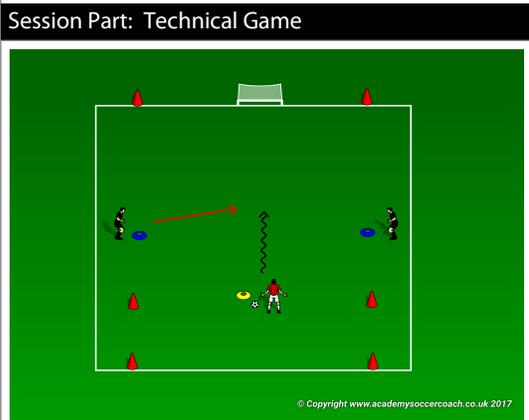
Objective: Technical: Running with the ball, dribbling and feints, 1v1 duel, changing direction, shielding. Motor: Running, reacting



Organization		Time:
Area:	15x15	10
Numbers:	All players divided up into pairs	
The battle Game starts without the ball and one player from each pair will have a bib like a tail. Players run free inside the area and on the coach's command the other play must try to grab the tail from their opponent. Change opponents frequently		
Progressions		Coaching Points
(b) this time using the ball, the player who starts with it must defend the ball as long as possible while the other player tries to gain possession		Close control of ball Use body to protect Use feints and turns to get away



Organization		Time:
Area:	8x12 channels	10-15
Numbers:	All players	
Players dribble towards each other inside their channel preforming the designated move before reaching the cone and dribbling to the other end. 1= scissor 2= double scissor 3= ineista		
Progressions		Coaching Points
		Close control Execution of move Running with the ball



Organization		Time:
Area:	15x20	10
Numbers:	All players divided into 2 teams	
One team starts as defenders on the blue cones and one as attackers on the yellow. 2 minutes to score as many goals as possible before changing roles Red player dribbles out and looks to score on goal while avoiding the defender who comes from the side. Both players set off at the same time. If defender wins the ball they can dribble into the end zone for a point		
Progressions		Coaching Points
		Ball control Dribbling and feints to get around defender Be creative with dribbling Stopping the ball in the end zone



Organization		Time:
Area:	Full field	20-30
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