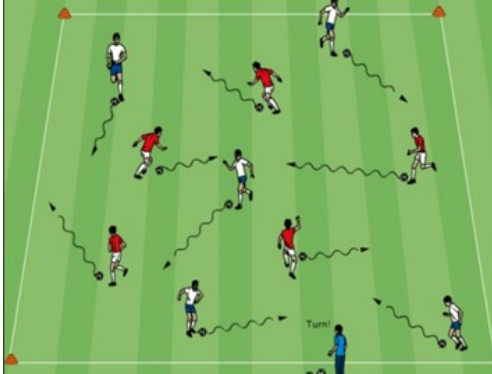
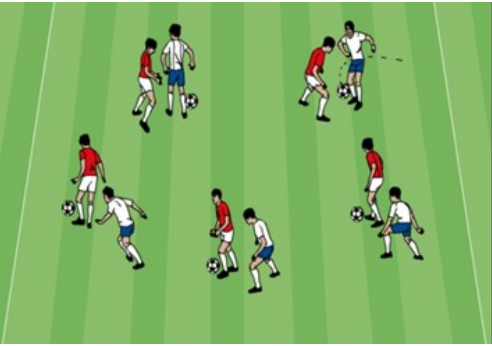
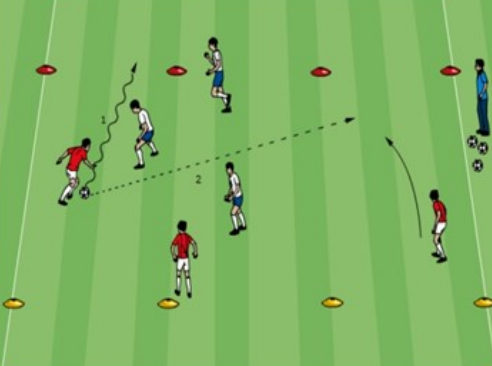



SKILL	Scissors	TOPIC	Dribbling and Keeping Possession
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 15 mins	<p><u>Skill Box</u> Players dribbling in a defined space with all surfaces of their foot.</p> <p>Coach: ask players to work on change of direction moves.</p>		<ul style="list-style-type: none"> -Keep the ball close -Use all surfaces of the foot Inside/outside, Sole, Laces -Keep your head up -Change of direction and burst of speed
#2 15 mins	<p><u>Shield and Play</u></p> <p>Pair up the players with one ball. One player starts with the ball and on coach's command, his/her partner tries to steal the ball away for 30 seconds to a minute. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p>Coach: Show proper shielding technique during the demonstration.</p>		<ul style="list-style-type: none"> -Body sideways on to opponent -Use arm to protect and know where defender is going -Knees bent -Legs spread
#3 15 mins	<p><u>3V3 End Line</u></p> <p>Two teams play in a defined space with each team attacking an end-line defended by the opponent. Teams score points when a player dribbles over the opponent's end-line</p>		<ul style="list-style-type: none"> -communicate with teammates -offer passing lanes to receive the ball -Pass into space
<u>PLAY</u> 20 mins	<p><u>Small Sided Games</u></p> <p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.).</p>	 <p style="text-align: center; font-size: small;">Call out name of player who scores a goal</p> <p style="text-align: center; font-size: x-small;">20x20 yards www.sports-graphics.com</p>	Let them play