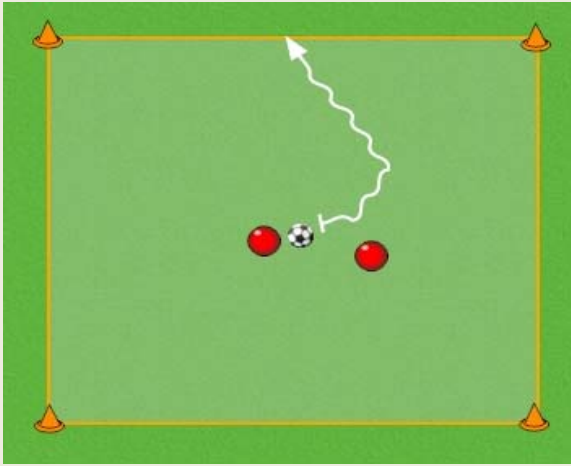
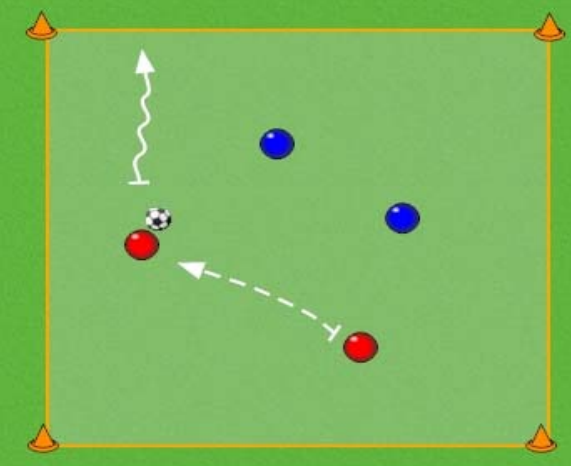
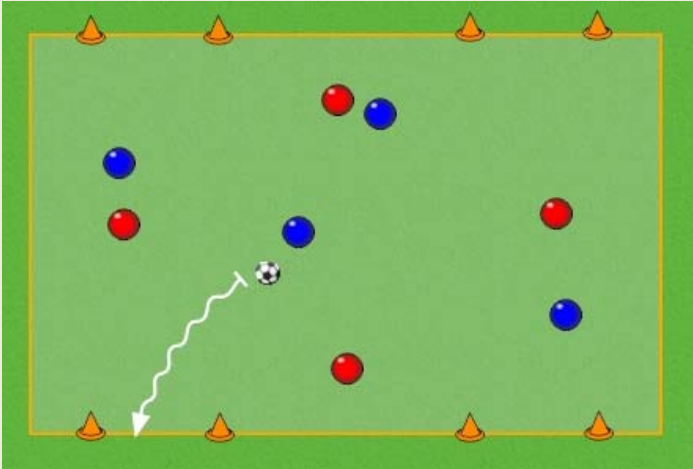


<p>Week 3</p> <p>Dribbling</p> <p>Warm up</p> <p>Objective:</p> <p>To improve general coordination.</p>	<p>Organization:</p> <p>1v1 to line</p> <p>Numerous (depending on need)</p> <p>15 x 12 yards Grids.</p>	<p>Procedure:</p> <ul style="list-style-type: none"> - 45-60 second games - Stop on line to score - Keep rotating players 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Use different surfaces of foot - Maintain vision of field - Change of direction - Change of speed 	
<p>Week 3</p> <p>Dribbling</p> <p>Individual Activity</p> <p>Objective:</p> <p>To improve individual dribbling skills.</p>	<p>Organization:</p> <p>2v2 to line</p> <p>As above but the playing grids are now 15 x 24 yd.</p>	<p>Procedure:</p> <p>Play is initiated with pass from one team to other.</p> <ul style="list-style-type: none"> - To score, dribble through end line - Players switch teammates 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Face defender - Dribble at defenders - See space behind defenders (no cover) 	

<p>Week 3 Dribbling Small Group Activity <u>Objective:</u> To improve individual dribbling skills under pressure.</p>	<p><u>Organization:</u> 4v 4-1 through gates (4v3) 35 x 25 yard area 4 goals / 2 on each side</p>	<p><u>Procedure:</u> Each team defends two 6-yard goals placed on the end line, five yards from touchline. To score, dribble through goal. One player on team without ball takes a knee so the team defends with three. When team wins possession, the player becomes live and a player from opposing team takes a knee.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> -Spatial awareness - Dribble at defenders - Teammates stay out of the way when 1v1 isolated 	
<p>Week 3 8 v 8 Small Sided Game <u>Objective:</u> To improve individual & small group game understanding.</p>	<p><u>Organization:</u> 30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball</p>	<p><u>Procedure:</u> Free Play!</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> Summation of all challenges for the players. Stay out of their way and let them play. 	