### Week 1

#### Dribbling Warm up

**Objective:** To improve general coordination.

**Organization:**
20 x 20 Yard Area. 1 Ball per player.

**Procedure:**
Players with a ball each, dribble in the confined space.
Brief demonstrations of a move or two (pull back, step over, etc.)

**Key Coaching Points:**
- Change of direction
- Think ahead
- Cooperation
- Agility
- Fun

#### Individual Activity

**Objective:** To improve individual dribbling skills.

**Organization:**
20 x 20 Yard Area. 1 Ball per player.

**Procedure:**
Same as above but players try to tag others (below neck!). When tagged the dribble to boundary, do 10 ball touches & rejoin game.

**Key Coaching Points:**
- Dribble with head up
- Dribbling moves to escape
- Use all surfaces of both feet– Keep the ball at a controllable distance.
## Week 1

### Dribbling Small Group Activity

**Objective:**
To improve individual dribbling skills under pressure.

**Organization:**
30 yard x 20 yard area. 2 players per ball. Six 5 yard mini goals (as in diagram)

**Procedure:**
2 players per ball, inter-passing, when coach yells “go”, one tries to beat the other & dribble through a mini-goal. Only 1 goal can be scored at each goal.

**Key Coaching Points:**
- Confidence in 1 v1 duals
- Dribbling moves
- Change of speed
- Agility
- Vision

## Week 1

### 6 v 6 Small Sided Game

**Objective:**
To improve individual & small group game understanding.

**Organization:**
30 x 50 yard area
Play a 6 v 6 match
2 Goals
Size 4 ball

**Procedure:**
Free Play!

**Key Coaching Points:**
Summation of all challenges for the players.
Stay out of their way and let them play.