## ACTIVITY PLAN

### Week 3

**Dribbling**

**Warm up**

**Objective:**
To improve general coordination.

**Organization:**
1v1 to line  
Numerous (depending on need)  
15 x 12 yards Grids.

**Procedure:**
- 45-60 second games  
- Stop on line to score  
- Keep rotating players

**Key Coaching Points:**
- Use different surfaces of foot  
- Maintain vision of field  
- Change of direction  
- Change of speed

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**Week 3**

**Dribbling**

**Individual Activity**

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

**Organization:**
2v2 to line  
As above but the playing grids are now 15 x 24 yd.

**Procedure:**
Play is initiated with pass from one team to other.  
- To score, dribble through end line  
- Players switch teammates

**Key Coaching Points:**
- Face defender  
- Dribble at defenders  
- See space behind defenders (no cover)
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| **Small Group Activity** | 4v4-1 through gates (4v3) | 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. | - Spatial awareness  
- Dribble at defenders  
- Teammates stay out of the way when 1v1 isolated |
| **Objective:** | 35 x 25 yard area  
4 goals / 2 on each side | | |

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| **Small Sided Game** | 30 x 50 yard area  
Play a 8 v 8 match  
2 Goals  
Size 5 ball | Free Play! | Summation of all challenges for the players.  
Stay out of their way and let them play. | |