Date: 22/03/20  
Time: N/A  
Duration: 1:00 hour  
Age/Level: 

Session  
Objective: 

**Dribbling, Change of Direction, Turning**

**Practice Title**

**Description:** Warm up activity. Each player should have a ball.

**Coaching Points:** Use different commands to move players around the grid.
- Dribble fast
- Tip-toe touches (slow)
- Toe touches (tap the top of the ball with the sole of the foot)
- Freeze (stop the ball with the sole of the foot.
- Outside turn (use pinky toe to turn in a 180)

**1v1 Change of Direction**

**Description:** 1v1 change of direction activity.

**Coaching Points:** Players should dribble straight at the defender to allow both gates to be an option to score on.

**2v2 Change of Direction**

**Description:** 2v2 Change of Direction

**Coaching Points:** As players try to go toward one goal, remind them that they can switch the field and try and score on the other one.

**Practice Title**

**Description:** Four versus four scrimmage.