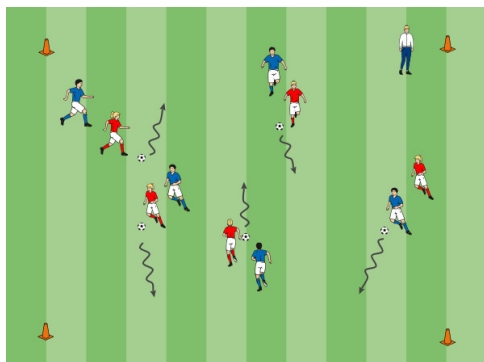


Objectives

To develop agility, balance, and coordination To develop dribbling and changing directions on the ball To develop running with the ball

Follow the leader



10 Players

Balls, Cones

Intensity: 4

10:00 min
(x 00:00 min, 00:00 min rest)

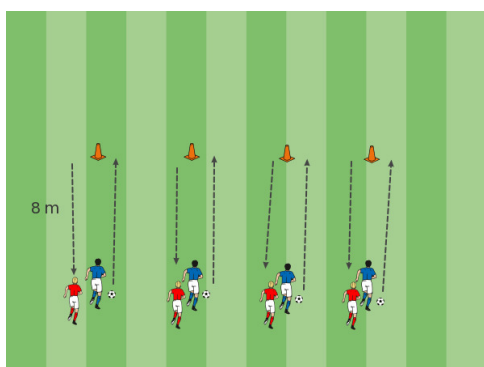
Coaching Points

Head up see the field/Avoid other pairs/Dribbling technique/Try dribbling with different surfaces/Try dribbling using both feet

Description

2x25m field. Pairs of players inside each with a ball (1 leader 1 follower). Leader moves or dribbles around grid while their partner follows. Progression changes speeds, directions, dribbling surface.

Catch Me!



10 Players

Cones, Balls

Intensity: 5

10:00 min
(x 00:00 min, 00:00 min rest)

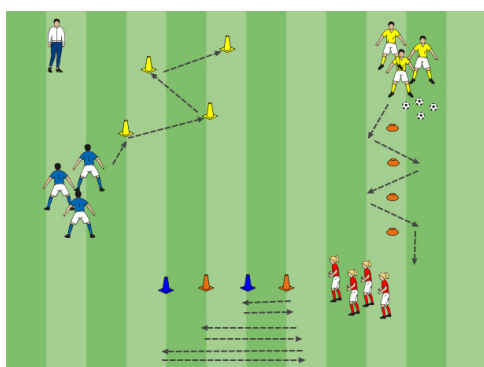
Coaching Points

Head up/Dribble using different surfaces/Dribble using different feet/Accelerate into space

Description

20x25m field. Cones 7m from start line. Players each have a ball and dribble to the cone while their partner tries to catch them. Once the player makes it to the cone they are safe. Repeat on the way back. Switch roles every few minutes. (Right foot down, Left foot back)

Coordination on the ball



10 Players

Cones, Balls

Intensity: 5

10:00 min
(x 00:00 min, 00:00 min rest)

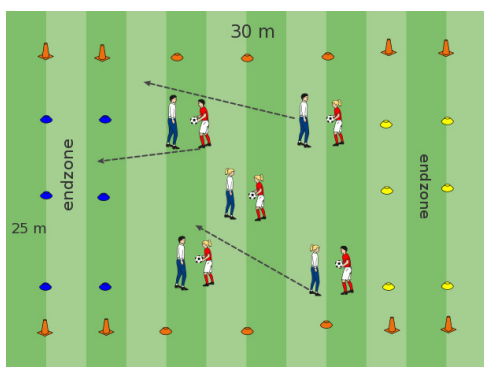
Coaching Points

Station A: Keep ball tight to cones using different surfaces/Station B: Breakdown when changing directions/Station C: Plant foot and explode to change directions quickly

Description

a 30x25m field. Create 3 stations. Players go around each station and perform different moves. Station A: Players dribble through cones. Station B: Players run forward and backward. Station C: Players shuffle from one cone to another.

1v1 (Player vs. Coach) to Endzone



10 Players

Balls, Cones

Intensity: 6

10:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Change speeds and directions to get past your partner/Accelerate into space/Try using different moves or turns/Use both feet when dribbling

Description

A 30x25m field. 5m endzones at each end. 1v1 Player vs. Player or Player vs. Coach if possible. 1 Players has the ball in their hand and try to run by their opponent into the endzone. If they get tagged they lose the ball to their partner who then tries to score. Players then play the game with the ball at their feet dribbling. Team with the most points wins.