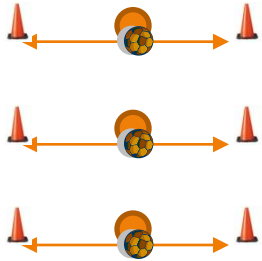


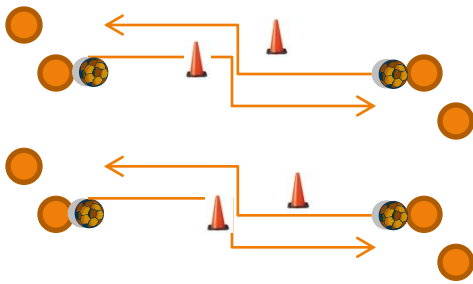
# Ball Familiarization



Players are between two cones 7 yards apart  
 Players look to get as close to the cone as possible  
 Player cuts the ball between the cones using

1. Inside of both feet
2. Outside of both feet
3. Combination using the same foot

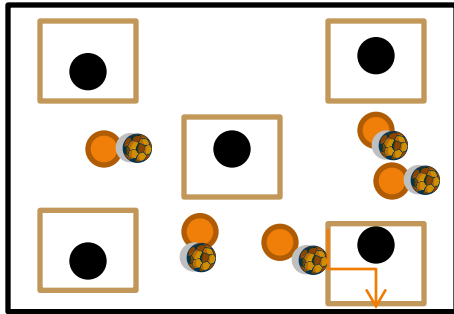
Keep shoulders facing forwards  
 Bend knees  
 Weight forward  
 Keep ball within reach



Two groups of 4 with 2 balls (1 ball to start)  
 Each group has a 2 yard gate to move through  
 Players dribble through the gate using:

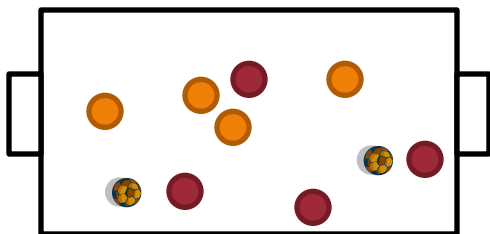
- Inside/ Outside/ Combination both feet and take the ball to the opposite player
- Players do a body fake before cutting

Relaxed movement  
 Timing of execution  
 Bend knees  
 Change Angle of ball  
 Change of pace



Area 40x30 with 5 five yard squares  
 Players go in and out of as many squares as possible (repetition of moves)  
 Add defenders who are restricted to squares  
 If defenders win the ball switch roles  
 Add defender that can move outside of squares

Awareness of space  
 Change of speed  
 Awareness of defender



Area 30x20 3v3 or 4v4 2 three yard goals  
 All restarts from a dribble  
 Play with 2 balls (4v4)

Team Shape  
 Be decisive  
 Be Greedy