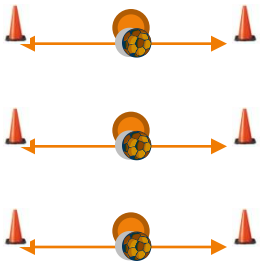
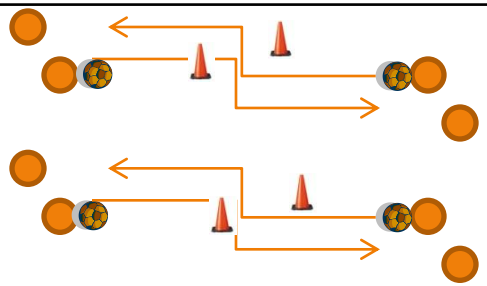
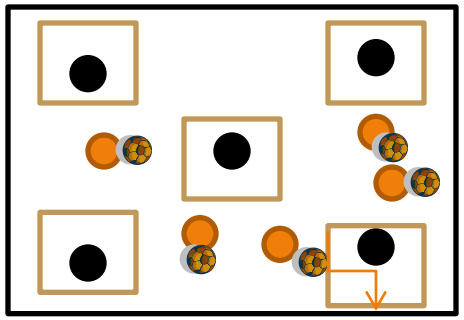
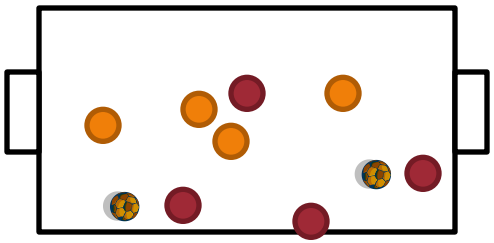
Ball Familiarization

	***Organization*** Players between 2 cones 5 yards apart getting as close 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	***Coaching Points*** •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