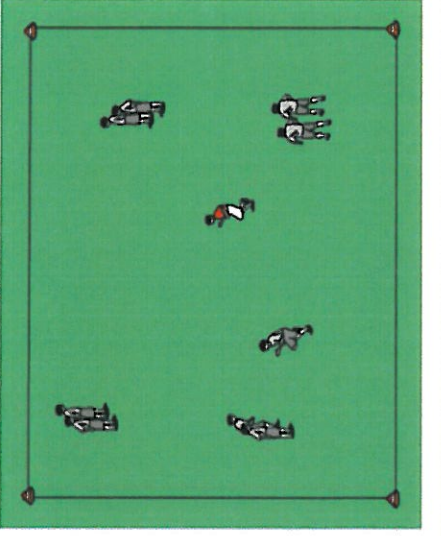
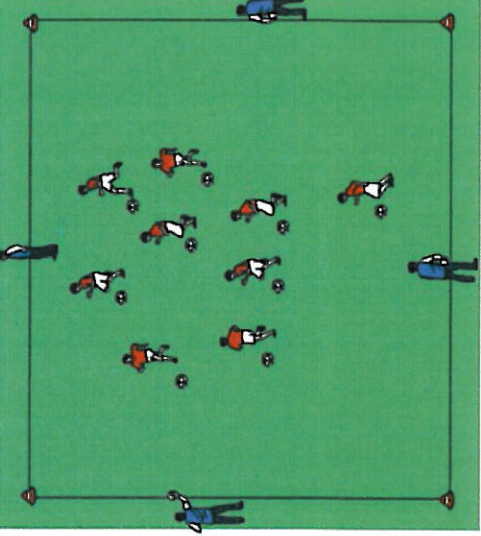
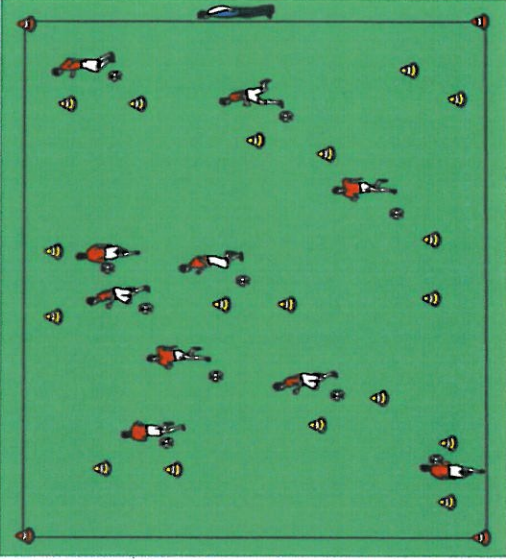


ACTIVITY PLAN

<p>Week 1 Dribbling & Agility.</p> <p>Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization: 20 yard x 20 yard area. Players partner up and are hooked up at the elbows</p>	<p>Procedure: The coach picks 1 pair to split and names one of players to be "IT". The "IT" player tries to tag the person who is free. The free player can be safe if the player hooks up with another pair. At the moment this happens the player on the other side of the three players is now being hunted by the "IT" player.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Change of direction - Think ahead - Cooperation - Agility - Fun 	
<p>Week 1 Dribbling & Agility.</p> <p>Individual Activity</p> <p>Objective: To improve Individual Dribbling Skills.</p>	<p>Organization: 20 yard x 20 yard area. 1 ball per player. Four parents/coaches are position on each side of the square with a ball in their hands</p>	<p>Procedure: The parents/coaches are instructed to raise their ball in their hands. The players dribble to the ball that is in the air, when the players get close to the coach another parent/coach raises their ball and the players change direction to that ball. 3. Attack - Coach runs into the area to tackle players.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Dribble with head up - Dribbling and changing direction and speed. - Use all surfaces of both feet— Keep the ball at a controllable distance. <p>Progression: The players that reaches last to the ball is out! The winner is the last player still in</p>	

ACTIVITY PLAN

<p>Week 1 Dribbling & Agility. Small Group Activity <u>Objective:</u> To improve Individual Dribbling Skills Under Pressure.</p>	<p><u>Organization:</u> 20 yard x 20 yard area. 1 ball per player. Various 2 yard gates are placed inside the grid.</p>	<p><u>Procedure:</u> Players are instructed to dribble through as many gates as they can in 1 minute. The player who dribbles through the most gates wins.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Coordination - Dribbling - Change of speed - Agility - Vision <p><u>Progression:</u> After several rounds add split into 2 teams and have 1 team dribbling through the gates and the other act as gate blockers.</p>	
<p>Week 1 4 v 4 Small Sided Game <u>Objective:</u> To improve Individual & Small Group Game Understanding.</p>	<p><u>Organization:</u> 30 x 35 yard area Play a 4 v 4 match 6ft x 6ft Goals Size 3 ball</p>	<p><u>Procedure:</u> Free Play!</p>	<p><u>Key Coaching Points:</u></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	