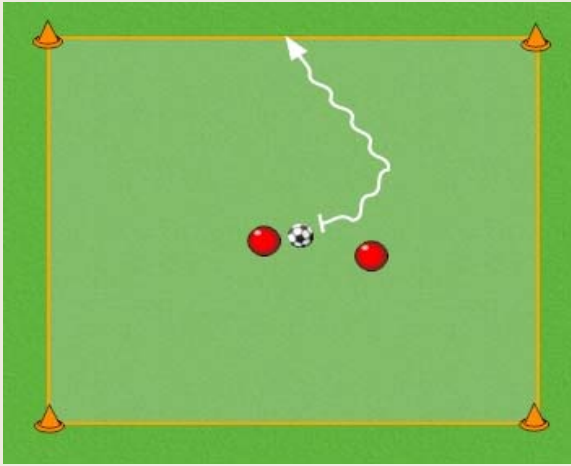
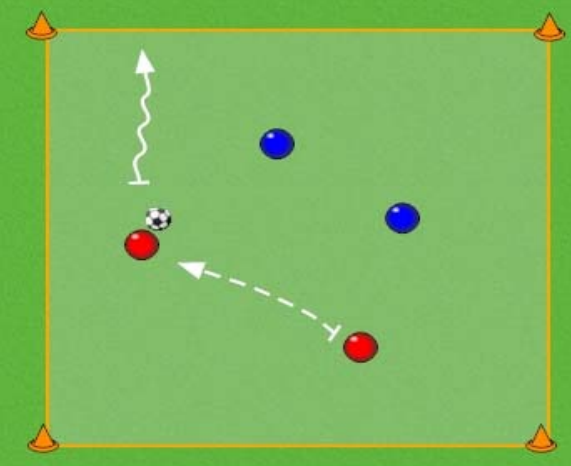
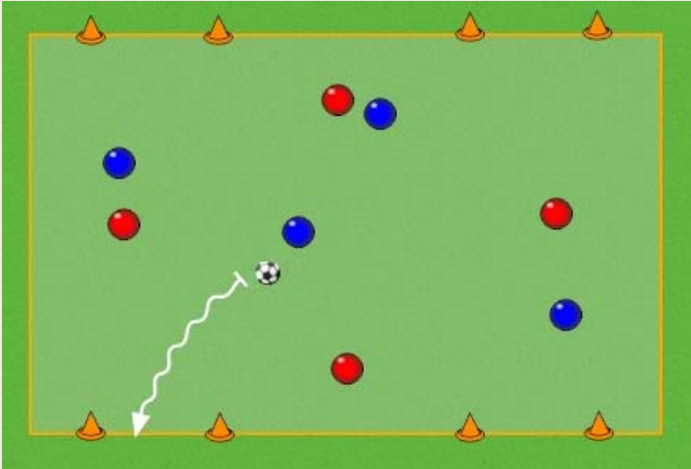


<p><b>Week 3</b> Dribbling</p> <p><b>Warm up</b> <b>Objective:</b> To improve general coordination.</p>	<p><b><u>Organization:</u></b></p> <p>1v1 to line</p> <p>Numerous (depending on need) 15 x 12 yards Grids.</p>	<p><b><u>Procedure:</u></b></p> <ul style="list-style-type: none"> <li>- 45-60 second games</li> <li>- Stop on line to score</li> <li>- Keep rotating players</li> </ul>	<p><b><u>Key Coaching Points:</u></b></p> <ul style="list-style-type: none"> <li>- Use different surfaces of foot</li> <li>- Maintain vision of field</li> <li>- Change of direction</li> <li>- Change of speed</li> </ul>	
<p><b>Week 3</b> Dribbling</p> <p><b>Individual Activity</b> <b>Objective:</b> To improve individual dribbling skills.</p>	<p><b><u>Organization:</u></b></p> <p>2v2 to line</p> <p>As above but the playing grids are now 15 x 24 yd.</p>	<p><b><u>Procedure:</u></b></p> <p>Play is initiated with pass from one team to other.</p> <ul style="list-style-type: none"> <li>- To score, dribble through end line</li> <li>- Players switch teammates</li> </ul>	<p><b><u>Key Coaching Points:</u></b></p> <ul style="list-style-type: none"> <li>- Face defender</li> <li>- Dribble at defenders</li> <li>- See space behind defenders (no cover)</li> </ul>	

<p><b>Week 3</b> Dribbling Small Group Activity <b>Objective:</b> To improve individual dribbling skills under pressure.</p>	<p><b>Organization:</b> 4v 4-1 through gates (4v3)  35 x 25 yard area 4 goals / 2 on each side</p>	<p><b>Procedure:</b> Each team defends two 6-yard goals placed on the end line, five yards from touchline. To score, dribble through goal. One player on team without ball takes a knee so the team defends with three. When team wins possession, the player becomes live and a player from opposing team takes a knee.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Spatial awareness</li> <li>- Dribble at defenders</li> <li>- Teammates stay out of the way when 1v1 isolated</li> </ul>	
<p><b>Week 3</b> 8 v 8 Small Sided Game <b>Objective:</b> To improve individual &amp; small group game understanding.</p>	<p><b>Organization:</b> 30 x 50 yard area Play a 8 v 8 match  2 Goals Size 5 ball</p>	<p><b>Procedure:</b> Free Play!</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>Summation of all challenges for the players.</li> <li>Stay out of their way and let them play.</li> </ul>	