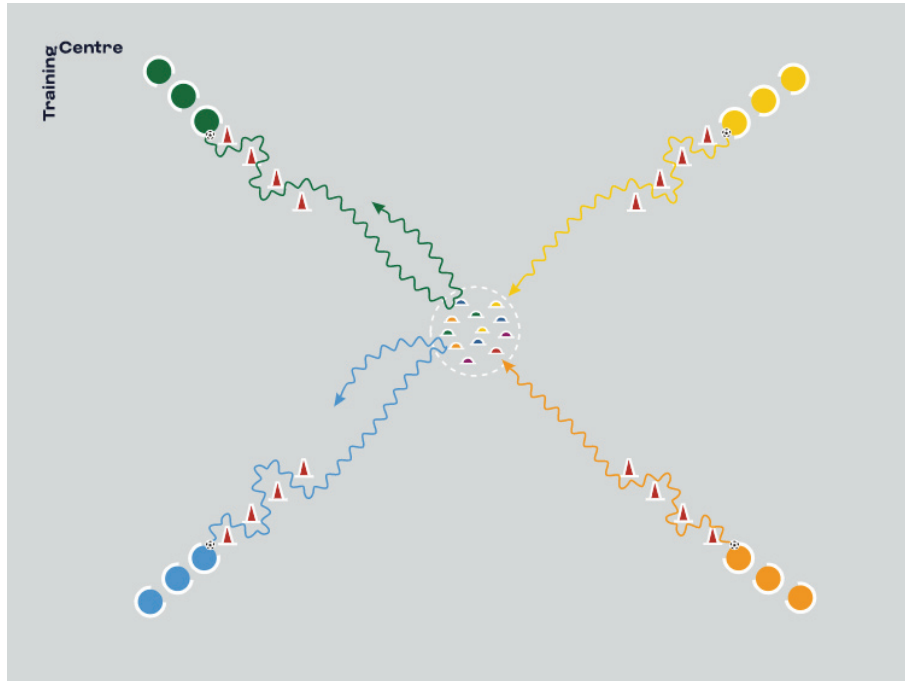


Dribble with control



WARM-UP: RELAY RACE



Organisation

- Create four teams of players – one on each corner of a square
- Each player in the team takes a turn to run through the cones and collect a cone from the middle before returning to the next player in the relay race
- Each player then does the same while dribbling a ball
- Each player then does the same while dribbling two balls
- Each time, it's a relay race – be creative with different tasks and challenges
- The team with most cones wins

Ways to make the exercise easier

- Players begin with no ball, simple running and agility challenges
- Let the players have a go running backwards

Ways to make the exercise harder

- Increase the distance between cones and size of the square
- Add more obstacles or challenges before they reach the middle

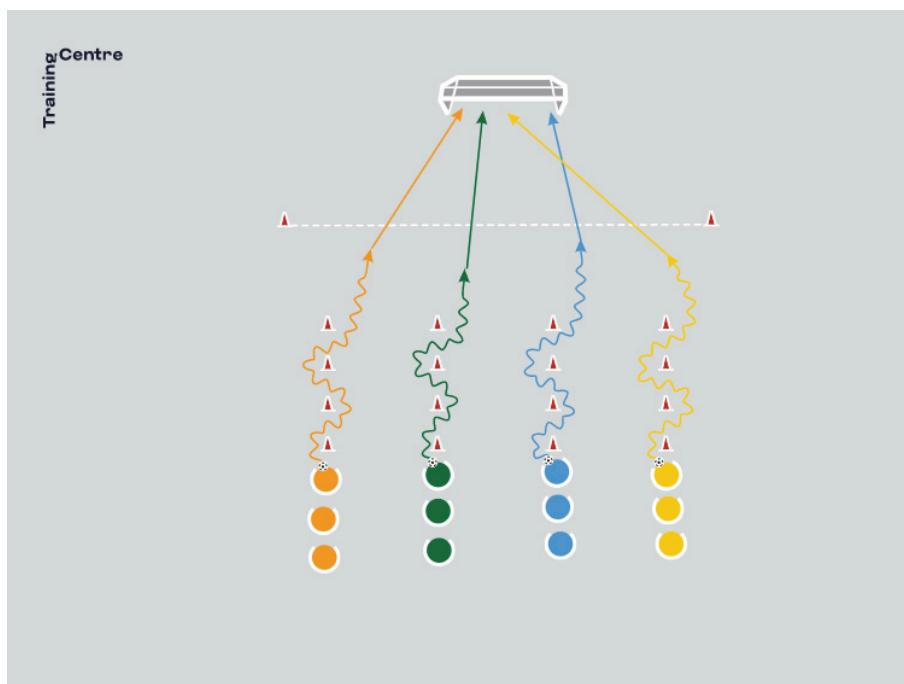
Great questions to ask the players

- Can you show me how quickly you can dribble with the ball under control?
- Can you show me a trick where you turn on the ball when you return to your corner?
- Can you keep your head up when dribbling so that you avoid others?

Safety tips

- Only one player to go at a time from each team

SKILL DEVELOPMENT: RACE TO SCORE



Organisation

- Equal teams have races to score a goal
- Create a physical challenge before they can score by throwing
- Different ways to score: throwing, volleying from hands, headers from hands
- One team becomes multiple goalkeepers – it becomes a competition
- Which team concedes the fewest goals or scores the most goals?

Ways to make the exercise easier

- Start with no goalkeepers – shoot at/score in empty goal

Ways to make the exercise harder

- Shoot from further out
- Use a smaller goal
- Allow each team to nominate a defender/blocker

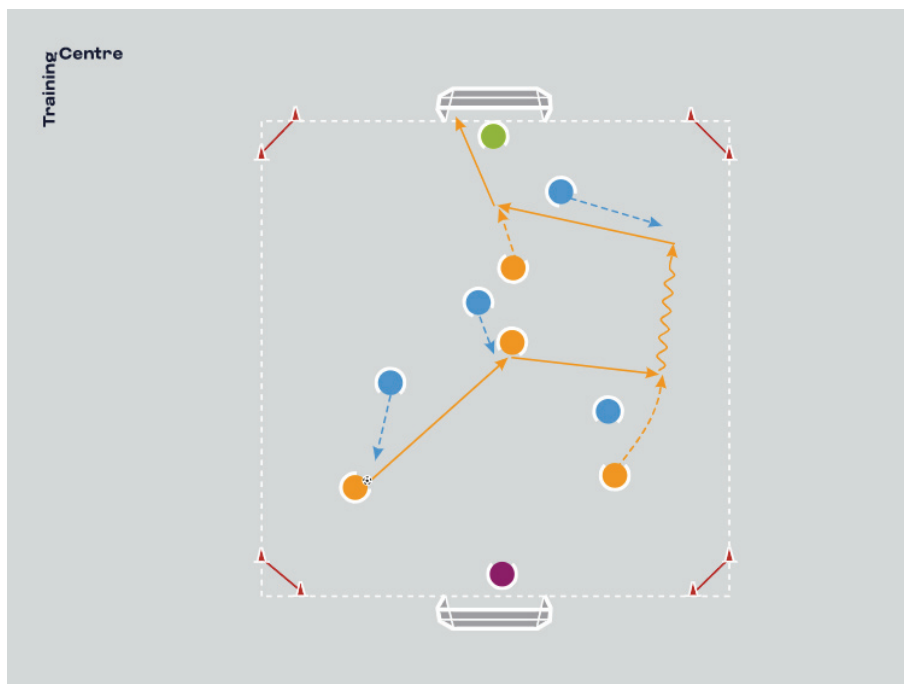
Great questions to ask the players

- Can you show me your best technique to make sure your shots are on target?
- Can you try to get your body behind the ball when you are playing in goal?
- Can you score from a rebound?

Safety tips

- Only one player at a time from each team

GAME APPLICATION: 5V5 GAME WITH A CENTRAL GOAL AND TWO WIDE TARGET GOALS



Organisation

- Organise a 5v5 game with a central goal and two wide target goals
- One goalkeeper in the central goal only
- Teams score three goals for the central goal and one goal for a wide target goal
- Encourage players to spot the best opportunities to score and where the space is to be attacked

Ways to make the exercise easier

- You could play 5v5 with no goalkeeper to start with
- One team could have more players

Ways to make the exercise harder

- Make the central goal with a goalkeeper a small target also
- The goalkeeper can try to protect each of the three goals and thus becomes a moving goalkeeper

Great questions to ask the players

- Where is space for you to attack?
- Can you work as a team to spread the attack?
- What are your priorities when you are the defending team?

Safety tips

- Create safe zones between extra pitches