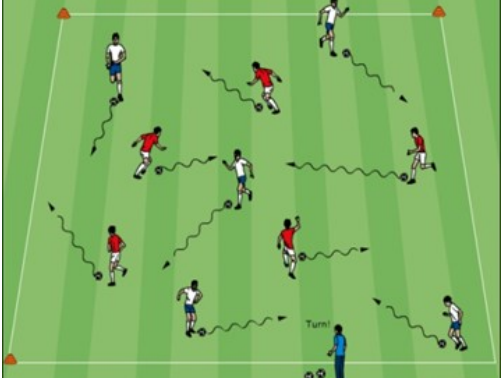
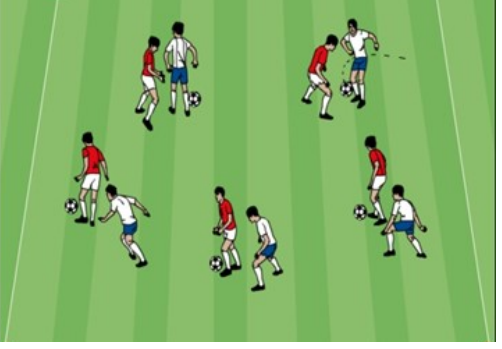
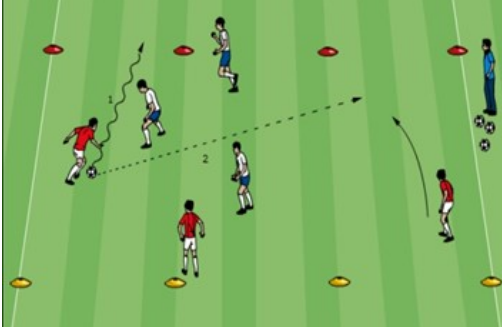



**PLAY — PRACTICE — PLAY**

**“Dribbling & Keeping Possession”**

**Dribbling move  
scissors**

<p><b>PLAY</b> 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
<p><b>Activity Description</b></p>		<p><b>Set Up Diagram</b></p>	<p><b>Coaching Points</b></p>
<p><b>#1</b> 15 mins</p>	<p><b>Technical Box</b> Players dribbling in a defined space with all surfaces of their foot. <b>Coach:</b> ask players to work on change of direction moves.</p>		<ul style="list-style-type: none"> <li>-Keep the ball close</li> <li>-Use all surfaces of the foot Inside/ outside, Sole, Laces</li> <li>-Keep your head up</li> <li>-Change of direction and burst of speed</li> </ul>
<p><b>#2</b> 15 mins</p>	<p><b>Shield and Play</b> Pair up the players with one ball. One player starts with the ball and on coach’s command, his/her partner tries to steal the ball away for 30 seconds to a minute. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p>		<ul style="list-style-type: none"> <li>-Body sideways on to opponent</li> <li>-Use arm to protect and know where defender is going</li> <li>-Knees bent</li> <li>-Legs spread</li> </ul>
<p><b>#3</b> 15 mins</p>	<p><b>3V3 End Line</b> Two teams play in a defined space with each team attacking an end-line defended by the opponent. Teams score points when a player dribbles over the opponent’s end-line</p>		<ul style="list-style-type: none"> <li>-communicate with teammates</li> <li>-offer passing lanes to receive the ball</li> <li>-Pass into space</li> </ul>
<p><b>PLAY</b> 25 mins</p>	<p><b>Small Sided Games</b> 7V7 scrimmage</p>		<p>Let them play</p>

**5 Elements**

- Organized**-set up and ready to go
- Game like**-activity must be game like
- Repetitions**-repetition on what you are trying to achieve

- Challenging**-players need to be challenged
- Coaching**-the right coaching based on the age/level of the players