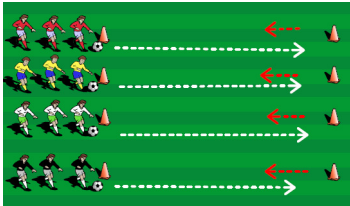
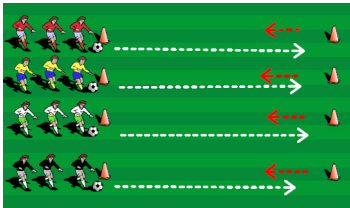
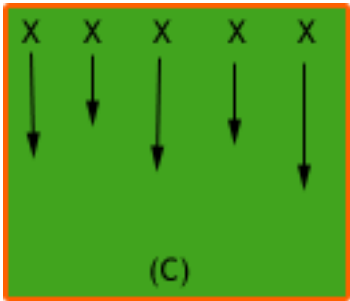
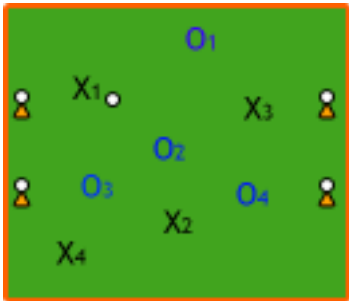


ORGANISATION		BASIC INSTRUCTION	
SKILL	See List	WARM-UP (10 MINS)	TOE-TAPS & BOXING
		1. Each player must find a cone in grid 2. Perform toe taps: • Stationary • Around the world • Forwards/ Backwards Repeat with Boxing.	
COACHING POINTS		<u>Toe Taps</u> ▪ Player places foot on top of the ball. ▪ Toe points down heel up. ▪ Player removes foot & replaces with other, using the same motion. <u>Boxing</u> ▪ Player stands astride ball. ▪ Use inside of the foot where big toe attaches to foot. ▪ Pass ball from foot to foot always using the inside.	
TECHNICAL	5 MINS	DRIBBLING	STRAIGHT LINE W/ LACES
		○ Group players in 3 or 4 ○ First Player dribbles out to cone, turns and dribbles back ○ Next player repeats	
COACHING POINTS		▪ Reinforce dribbling from previous game ○ Laces, toes pointing down. ○ Push ball out in front with small touches to keep control. ○ Frequently look up.	

TECHNICAL	10 MINS	DRIBBLING & TURN	STRAIGHT LINE W/ LACES
		- Group players in 3 or 4 - First Player dribbles out to cone, performs QUICK TURN and dribbles back - Next player repeats - Teach new turn if proficiency shown with both feet	
COACHING POINTS		- Reinforce dribbling technique: - Laces, toes pointing down. - Push ball out in front with small touches to keep control. - Frequently look up.	
REINFORCEMENT GAME:	15 MINS	DRIBBLING (Technique)	RED LIGHT, GREEN LIGHT
		- Coach starts on one side of grid. - All Players with ball on opposite side - must try and dribble past (C) to win. - Coach calls out: - Red Light = Stop with sole - Green Light = Dribble (Laces) - Yellow Light = Toe-taps (Slow down) - U-Turn = Quick-Turn & dribble to start line before (C) touches ball - Runaway Truck = Coach tries to Knockout ball from area in 30 second time limit	
COACHING POINTS		- Reinforce dribbling from previous game - Laces, toes pointing down. - Push ball out in front with small touches to keep control. - Frequently look up to know where (c) is and where other X's are.	
GAME #2:	15 MINS	DRIBBLING & TURNS	TREASURE ISLAND
		- All players are at one end of grid. - All soccer balls are at the other end of grid - Treasure Island. - Coach (C) is the pirate who guards the treasure. (C) Shouts "Go!" Players run to end, get a ball (Treasure) and dribble back.	

		If (C) tags player, they become pirate. PROGRESSION - Ask to perform different skill - Quick Turn; L-Turn; Drag Back (if these have been taught in session) when retrieving ball.
COACHING POINTS		- Reinforce dribbling from previous games. - Slow, closer control on approach to defender. - During turn keep eyes on the ball, stay low & bend knees. - Explode away with bigger touches after turn to get away from 'Pirate'.
SCRIMMAGE	10-15 MINS	4 v 4
		- Split group into 2/4 teams depending on numbers. 2 teams play, one team rest OR set up two field so all four teams play. - No Goalkeepers (or 5v5 w/GK) - Do not add players - Do not keep score - Let the players play
COACHING POINTS		- Try to keep players in area - Reinforce spreading out - Dribbling should be recommended - Allows plenty of touches for all players