

DESCRIPTION

Each player is inside a 4x4 yard box. Players will be shown various techniques for moving the ball and be given time to practice. Examples;

- pull, push turns
- Rolling the ball in all directions
- Inside/outside quick feet (one foot at a time then combine)
- Squeeze turns

Once they have practiced a turn give them 60 seconds, they must visit a corner and perform the designated turn as quickly as they can. You can then scatter a couple discs in their area. Challenge players to touch each disc as quickly as they can to make it a race.

WARM UP

COACHING POINTS

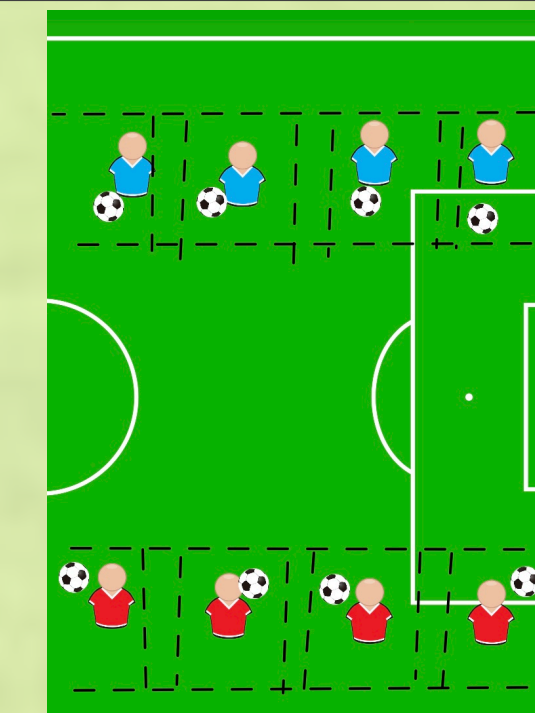
FIRST COACHING POINT - QUICK FEET

Ask your players to keep their feet off the ground to speed up their change of direction

SECOND COACHING POINT - PLANNING

The dribbler should be thinking about their next move to be one step ahead

DIAGRAM



Players in their boxes as shown in the diagram. Each player will take a turn going to goal - as they do so the other players will take a shot at their ball to try and hit it. The player who gets hit the least wins. You can advanced this game by making it a two-team contest. Each team has a player going at the same time - this time they must give their ball to the player in each square and receive a wall pass. Once they get the last pass then can score - it's a race to be the quickest to goal.

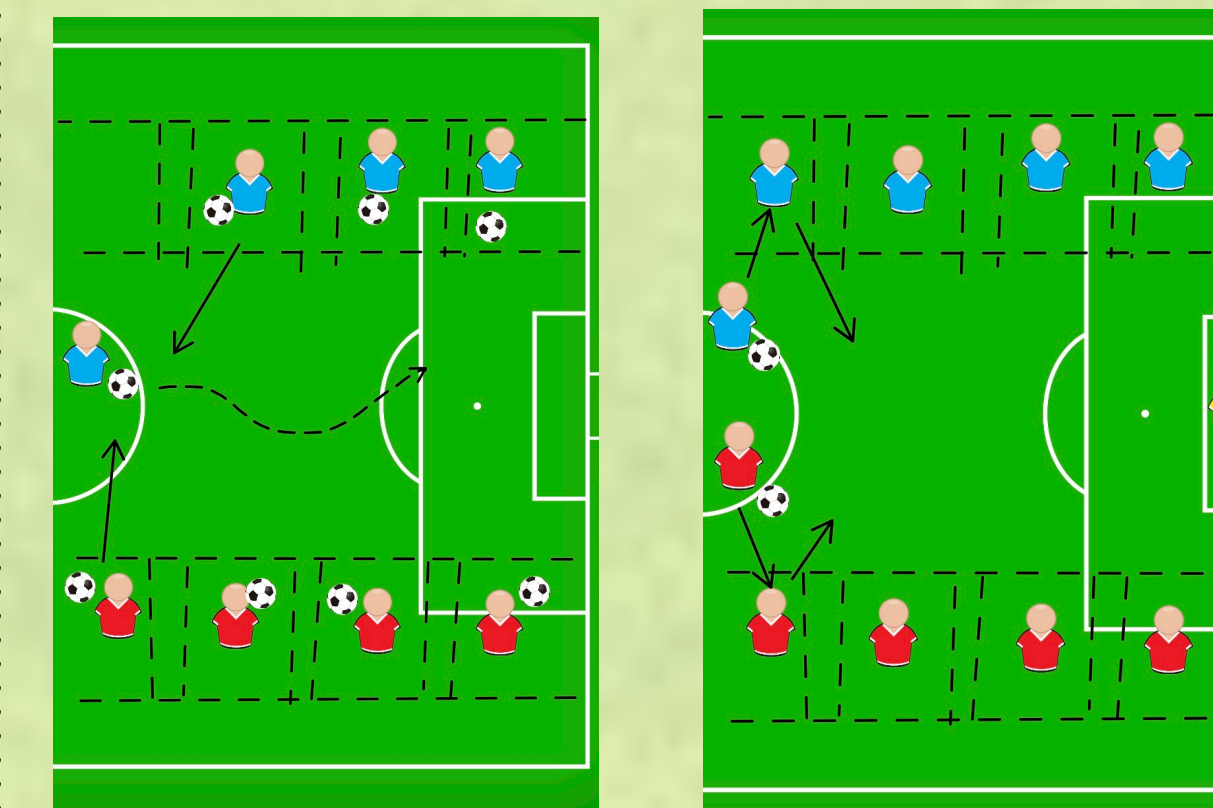
TECHNICAL

FIRST COACHING POINT - DECISION MAKING

Players may be inclined to go quick, help them realize varying their speed will help them to be successful

SECOND COACHING POINT - AWARENESS

Players need to check both sides as they run to avoid incoming shots



Players spaced out evenly around the center circle with a ball - you may need to limit this activity to 6/8 players at a time. Coach starts the game and all players dribble clockwise around the circle. When coach shouts switch they must perform a turn and go the opposite direction. When coach shouts "hit" the players must try to dribble and hit the ball of the player in front of them - if a player gets hit they're eliminate. Coach should also change the direction as they're trying to hit each other.

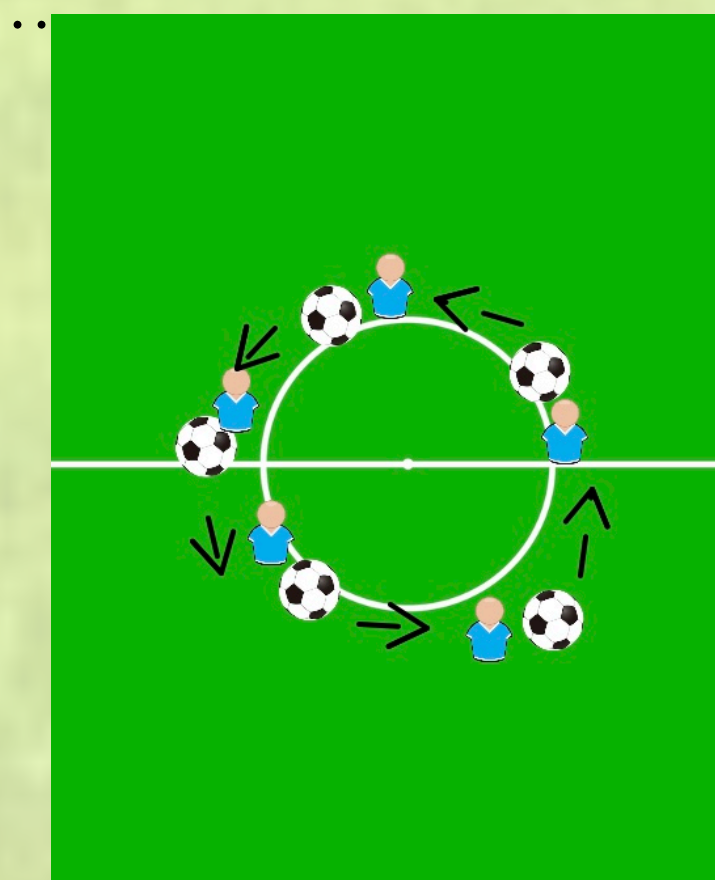
TACTICAL

FIRST COACHING POINT - BALL CONTROL

Players need fast feet and small touches to be successful

SECOND COACHING POINT - DECISION MAKING

Players must quickly analyze if they can get a hit, while also checking behind them. Encourage players to make quick decisions to avoid wasted opportunities



Small-sided game, set up players in courts as shown. Players are going 1v1. They may try to make a move and fool their opponent to get an open shot at their goal (or target). Play for 90 seconds and then have them play someone else from the opposite team. Players get 3 points for a win, one point each for a tie and nothing for a loss. Track points to find your winning team.

GAME

COACHING SUMMARY

This part should be fun, high energy and enjoyable. Work with each player on their moves and turns to help them create passing/shooting angles

