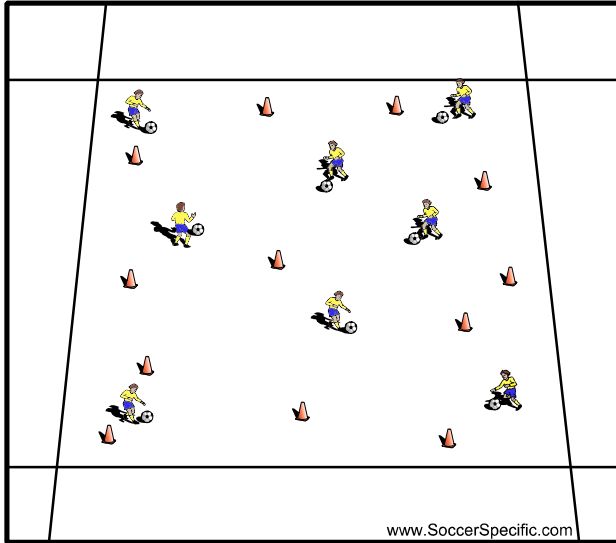


ACTIVITY #1

Set up: 30x30 square. 1 ball per player
Free dribbling warm up with Dynamic Stretch.
players work at 50%, 75% and 100%

Instructions: Players dribble freely inside the area, every 4 touches changing direction by doing any move that they choose. On the commands below the players work in there foundation touches getting as many touches on the ball as fast as possible in a small area.
Inside inside, Toe Taps, Backwards forwards, Squeeze Push, Inside outside, inside outside right foot only and inside outside left foot only.

Coaching Points: See the Ball, See the player (Head Up), Change of speed, Change of Direction, Attack the space

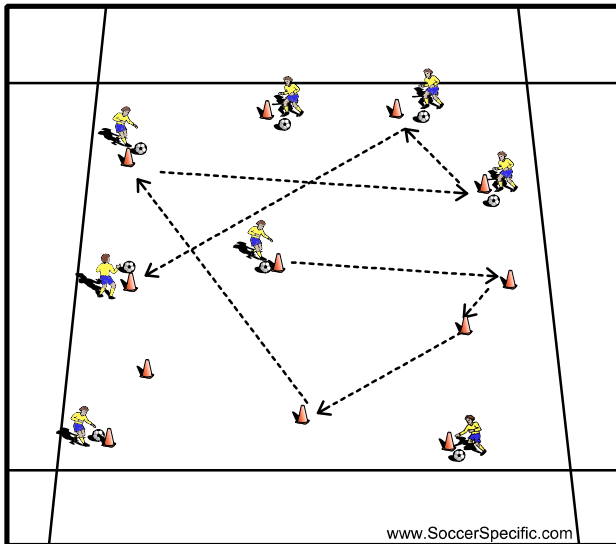


ACTIVITY #2

Set up: 30X30 area. Cones are randomly placed inside the area

Instructions: Players are instructed to dribble from Cone to cone. To start players dribble using there laces in the correct running motion. Players are then asked to dribble from cone to cone using different techniques. The following should be used:
Sole of boot (backwards and forwards) Sole of right boot, sole of left boot.

Coaching Points: See the Ball, See the player (Head Up), Part of foot, Change of speed, Change of Direction, Attack the space

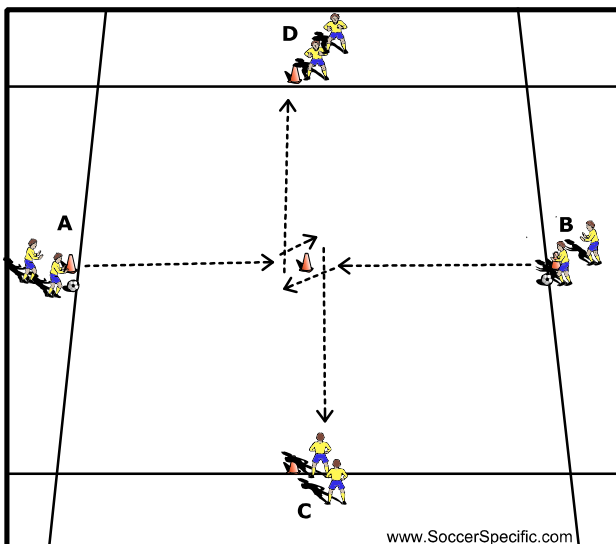


ACTIVITY #3

Set up: 2 -3 players in each group. players paved 20 yds away from centre. 2 balls between the 4 groups.

Instructions: Players (A) and (B) dribble towards the flag (1) at speed. Approximately 1 yard from the flag both players perform a designated move, take the ball to the left of the flag and take a sharp right turn. They then continue to dribble (2) to the group to the right. Upon reaching the other group players (C) and (D) repeat the sequence. Sequence keeps going for a designated time or number of repetitions. Alternate directions – Go to the right of the flag and take a sharp left turn

Coaching Points: See the Ball, See the player (Head Up), Part of foot, Change of speed, Change of Direction, Attack the space



ACTIVITY #4

Set up: 2 -3 players in each group. players paved 20 yds away from centre. 2 balls between the 4 groups.

Instructions: Players (A) and (B) dribble towards the flag (1) at speed. Approximately 1 yard from the flag both players stop the ball, continue their run to the left of the flag and take a sharp right turn. They then dribble their partners' stationary ball (2) and join the group to their right. Upon reaching the other group players (C) and (D) repeat the sequence. Sequence keeps going for a designated time or number of repetition

Coaching Points: See the Ball, See the player (Head Up), Part of foot, Change of speed, Change of Direction, Attack the space

