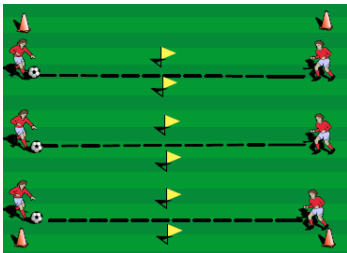
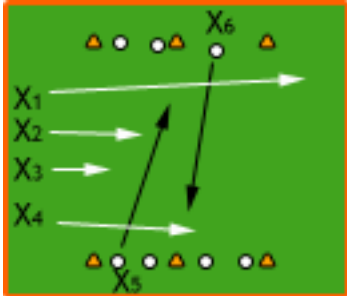


ORGANISATION		BASIC INSTRUCTION	
SKILL	Week Four	WARM-UP / RECAP (15 MINS)	URNS & DRIBBLE MOVES
 In Week One, Two & Three, players were asked to perform the Quick-Turn & L-Turn, Drag Back & Step-Over Turn. This week have them review then teach them two new Dribble Moves.		▪ Scissor Dribble Move - Players step right foot in-between ball and left foot, then round the front of the ball, forming a semi-circular movement; with body weight on the right foot, shoulder dipped, players take the ball away with the outside of their left foot ▪ Roll-Over - Players rolls the ball from right to left, by putting their right foot on top of the ball and 'dragging' it over to the other side.	
COACHING POINTS		▪ Use both feet (if specific foot is in explanation just use opposite when practicing both). ▪ When performing turns, make sure when dribbling is in a straight line players are using laces. ▪ Break skills down to assist in learning process ▪ Use imagination to assist in learning process	
TECHNICAL		10-15 MINS	PASSING
		○ Group players in 2 approx. 5-8 yards apart ○ Set up cones as gates in middle ○ Teach players to pass with the inside of their foot, through the gates to team-mate ○ Use stronger foot only (work on non-dominant foot in future weeks)	
COACHING POINTS		▪ When passing: ▪ Inside of foot ▪ Guide ball with non-kicking foot being alongside ball and pointing to target.	

GAME #1:	10-15 MINS	Passing	PASS THE PARCEL
		- Split players into two teams. - Set up grid with halfway line. - One team on one half, the second team on the other half - cannot cross into other teams half. - A soccer ball is passed from one side of the field to the other. - Coach counts down from 30 to 0. When at zero the team with the ball loses a point. Both teams start with 10 points. - Team with points left wins. IF BALL IS KICKED OUT OF AREA TOO OFTEN, DEDUCT POINT FROM TEAM.	
COACHING POINTS		- Non-kicking foot by side of ball. - Lock ankle of passing foot. - Heel down & toes up. - Inside of foot strikes middle of the ball. - Follow through the ball in the direction you want the ball to go. - Eye on target and line body for accuracy.	
GAME #2:	10-15 MINS	PASSING	COWBOYS & INDIANS
		- All balls lined up along both sides of the grid. - All players without the ball on one side of grid. - On (C) call all players run from one side of grid to other. - X5 & X6 must attempt to pass ball across area and hit other players below knee with ball. - If player gets hit then that player becomes a Cowboy on side of grid. - Last player to get hit wins.	
COACHING POINTS		- Reinforce passing & control technique previous games. - Reinforce Control not power.	

4v4 GAME #4:	10-15 MINS	SCRIMMAGE VARIATION #4	"ALL GOAL GAME"
		• Two teams of four players • (Use Goalkeeper's if you like - one in each goal) • No Offside • If ball leaves play, the coach has a few re-start options: 1 -the coach passes a new ball onto the pitch 2 -the players take a roll in 3 -the players take a throw in 4 -the players make a pass in 5 - the players dribble in 5-Minute games then switch teams/players/GKs The aim for both teams is to score in all four goals.	
COACHING POINTS		▪ Let the kids play ▪ No score keeping	