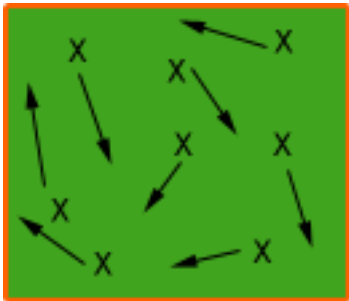
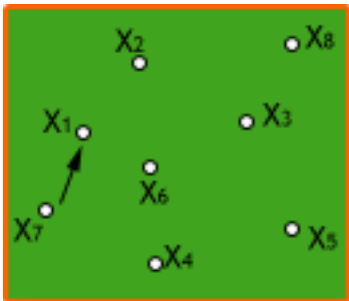
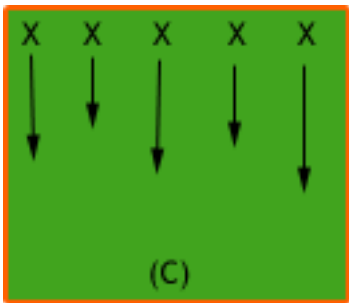
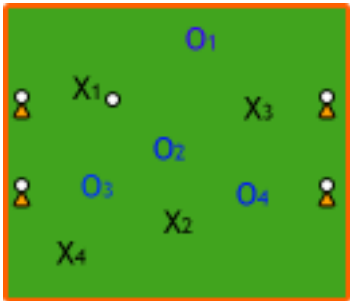


GAME #1:	10 MINS	WARM-UP GAME	<i>BODY PARTS</i>
		- All players have a ball each dribbling around grid. - Coach calls out a part of the body, e.g. foot, head, shoulder etc. - Player must stop ball and put that part of their body on the ball. - Use combinations to make players do toe-taps and move quickly.	
COACHING POINTS		Keep ball close to be able to control quickly.	
GAME #2:	15 MINS	DRIBBLING-TURNS	<i>SOCCER MARBLES</i>
		- All players have a ball each dribbling around grid. - Players must avoid the marble master (X7-COACH) who is trying to hit other player's ball with his/hers. - Players should be encouraged to perform a turn in order to protect their ball and move I out the path of the Marble Masters ball. Progress: All players can hit each other's; count how many times you hit someone's ball.	
COACHING POINTS		- Reinforce dribbling from previous games - When passing: - Inside of foot - Guide ball with non-kicking foot being alongside ball and pointing to target.	

GAME #3:	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 #4:	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	