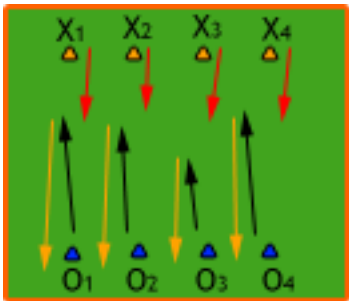


ORGANISATION		BASIC INSTRUCTION	
SKILL	Week Two	WARM-UP / RECAP (15 MINS)	PROGRESSIONS
		1. Have players dribble in an area. On coaches command have them perform: ▪ 10 x Toe-Taps ▪ 10 x Boxes ▪ Skills practiced in previous weeks	
COACHING POINTS		<u>Toe Taps</u> ▪ Player places foot on top of the ball. ▪ 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.	
SKILL LIST		TURNS	
In Week One, players were asked to perform the Quick-Turn. This week have them review the turn while dribbling in an area, rather than in a straight line.		▪ Quick-Turn - players pulls ball back with one foot, turns the opposite way ▪ L-Turn - progression from Quick Turn. As they pull the ball back they knock the ball with the inside of the same foot behind standing foot ▪	
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	

GAME #1:	10-15 MINS	DRIBBLING & TURNS	RATS & RABBITS
		- Start by both teams (X = Rats, O = rabbits) dribbling ball towards each other and on Coach call “Go!” perform Quick-Turn and return to own base. - Both teams start at own base, (C) calls out team & that team dribbles towards other team. (C) Shouts “Go!” team dribbling must turn and get back safely before other team catches them wins ball and dribbles back over their line. - If you lose ball, join other team. PROGRESSION - Ask to perform different skill - L-Turn; Drag Back (if these have been taught in session)	
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 defender.	
GAME #2:	10-15 MINS	DRIBBLING & TURNS	WHAT’S THE TIME MR. WOLF
		- All players have a ball each at end line. - Coach (C) is the Mr. Wolf at other end of area. - Players shout out “What’s the time Mr. Wolf” - Coach responds with “...O’Clock” (choosing number between 1 & 12) - Whatever the time is, the players take that many small dribble touches forward. - If Coach responds “Dinner Time” then the players must turn and run back to the beginning line - If players make it to Mr. Wolf before he says ‘Dinner Time’ they get a point	
COACHING POINTS		- Reinforce dribbling -keep ball close and under control. - When turning tell players they must use quick-turn or L-turn. - Make it a story!	

4v4 GAME #1:	10-15 MINS	DRIBBLING & TURNS	GATE GAME
		• Two teams of four players • Four gates • The player in possession must dribble through a gate to score	
COACHING POINTS		▪ Reinforce dribbling from previous games. ▪ Reinforce turns - During turn keep eyes on the ball, stay low & bend knees. ▪ Explode away with bigger touches after turn to get away from defender. ▪ Let them play, Do not keep score ▪ 3-minute games then switch teams/players	
4v4 GAME #2:	10-15 MINS	SCRIMMAGE VARIATION #1	“ANY GOALKEEPER”
		• Two teams of four players • The nearest player[s] to the goal become the keeper[s] • 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	
COACHING POINTS		▪ Let the kids play ▪ No score keeping	