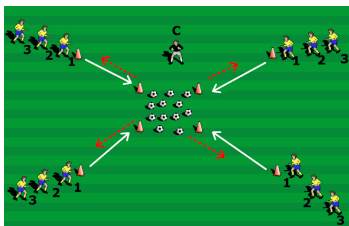
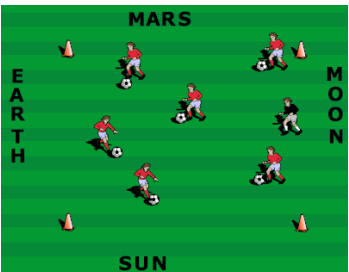
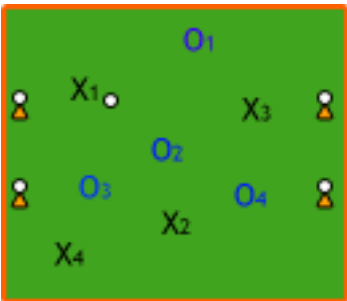


ORGANISATION		BASIC INSTRUCTION	
SKILL	Week Three	WARM-UP / RECAP (15 MINS)	PROGRESSIONS
		1. Have players dribble in an area. On coaches command have them perform: ▪ 10 x Toe-Taps ▪ 10 x Boxes ▪ Skills practiced in previous weeks	
COACHING POINTS		<u>Toe Taps</u> ▪ Player places foot on top of the ball. ▪ 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 & Two, players were asked to perform the Quick-Turn & L-Turn. This week have them review then teach them two new turns.		▪ Drag Back - player pulls ball back with one foot, turns the same way, shielding ball. ▪ Step-Over Turn - Player steps round the outside of the ball with right foot, then turns to the right. (Easy Teach TIP: Tell the players the ball is a train and their legs are the tunnel; the players step forward so the “train goes through the tunnel) ▪	
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	ROB THE CASTLE
		- All the balls in centre square of grid. - Players split into 4 equal teams - They are the 'Knights' - Coach is the 'King of the Castle' - Number the players in each team. - Coach calls out number. That number player from each team runs out gets ball, and dribbles back to their corner. Coach tries to 'tag' players to stop them stealing the soccer balls. Progress: Players have to dribble the ball back into the castle without being tagged.	
COACHING POINTS		- Reinforce dribbling from previous games. - Be fast to the ball & sprint out. - Slow down on approach to ball. - Execute quick-turn with sole of the foot. - Keep eyes on the ball and drag under body. - Turn away from ball and onto it then dribble away with the laces.	
GAME #2:	10-15 MINS	DRIBBLING & TURNS	ALIEN ATTACK
		- All players have a ball each dribbling around inside of the area - Make area fairly large. - Name each side of area, as per diagram. - Coach (C) is the Alien. (C) calls out a side, and players must dribble to that side as quickly as possible before coach steals their ball. If stolen, the player becomes an alien with the coach. - PROGRESSION - As the players are running towards one side, call out another side so they have to change direction	
COACHING POINTS		- Reinforce dribbling from previous games. - Use the outside and inside of the foot to change direction and avoid others. - Use turns to help find extra space and get away from Aliens.	

4v4 GAME:	10-15 MINS	SCRIMMAGE VARIATION #3	"END-ZONE GAME"
		- Two teams of four players - the pitch has two end zones and two empty goals - a goal can only be scored from inside the end zones - no keepers - 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	

SCRIMMAGE	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 ▪ 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	