



## Description

### Diamond Dribble (10 mins)

#### Set Up

Make 2, 2 yard gates 5 yards apart with a 2 cones 25 yards apart to make a diamond

#### Instructions

Players dribble between the gate and have an angled touch with the inside of their right or outside of their left to continue dribbling to the next player for a takeover. First progression is all dribbling, no passing. We want to focus on a good first touch using the inside of their foot. They continue to go in a counter clockwise motion for a few minutes then change direction so their touch has to be inside of the left or outside of the right.

#### Coaching Points

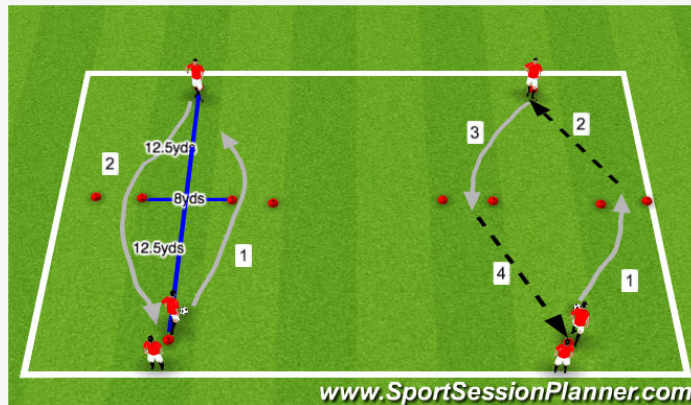
1. First touch technique using the inside of our foot to touch the ball in the direction we want to go.
2. Dribbling technique using our laces when we are at speed and inside/outside when we want to move the ball side to side
3. The takeover with our teammate should be with our inside foot (left foot when going counter clockwise)

#### Progression

1. Players now dribble to the gate and pass to their teammate from the gate- switch directions after 7-8 minutes

#### Coaching Points

1. First touch technique touching the ball out of our feet with the inside of our foot at an angle towards the next gate.
2. Good passing technique an accuracy
3. Keep the ball moving the whole time



### Diamond Dribbling Cont'd (10 mins)

#### Set Up

Same as before

#### Instructions

Players dribble to the gate and then pass to the next player. The next player then plays a longer pass to the next player at the starting cone. The receiving player now has the choice to go left or right with their first touch.

#### Coaching Points

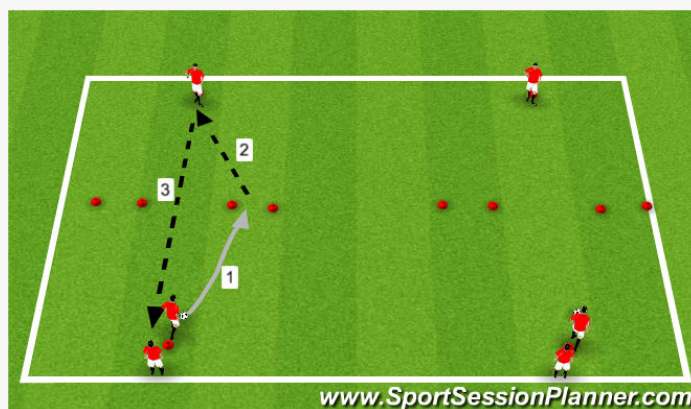
1. First touch technique from the player receiving the first pass that is going to pass the ball straight ahead and the first touch technique of the player receiving the second pass who will take a first touch in an angled direction
2. The amount of space to take the first touch. We don't want the ball under our feet and we don't want our first touch way out in front either.

#### Progression

1. Let players use those three options to move the ball in the diamond. Each player now has the option to dribble through a gate to the other side, through a gate then pass, or pass straight across. This is a much more game like situation with the freedom to choose

#### Coaching Points

1. Proper first touch technique
2. If a pass comes straight across the receiving player should take an angled touch to dribble to a gate



## 4v4 targets (20 mins)

### Set Up

45x35

2 5 yard goals in all corners

### Instructions

Two players from each team stay between the goals they are defending to act as targets. This is a 4v4 game where the red team scores by finding the opposing teams targets. If that happens the possession switches. However, if red cannot find an option they can play back to their own team in the goals. When that happens players must switch. The player that passed goes in the goal and the player in the goal dribbles in.

### Coaching Points

1. Proper first touch to have a flow to the game
  2. Turning back and playing out teammate to keep possession
  3. Identifying the space and first touch for the player that dribbles in
- Progression
1. 5 passes before you can find the target



## 6v6

### Set Up

If available 2 regulation goals, if not use cone goals or pugg nets

Width of the 18 and length of 36 yards

### Instructions

4v4 in the middle with a neutral player off each post and neutral players on the sideline. When the ball finds the outside player they can dribble down for a cross but we want to see a good first touch. Target players off the post have 2 touches and movement and first touch is very important for those players to keep the ball and set up scoring opportunities. Defenders cannot steal the ball from neutral players.

Play 4 minute games and the winning team stays on.

### Coaching Points

1. First touch to create a flow in the game
2. First touch by neutral players to set up scoring opportunities
3. Making runs after we find the target players

### Progression

1. 3 touch

