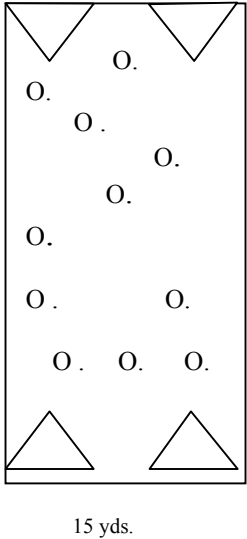
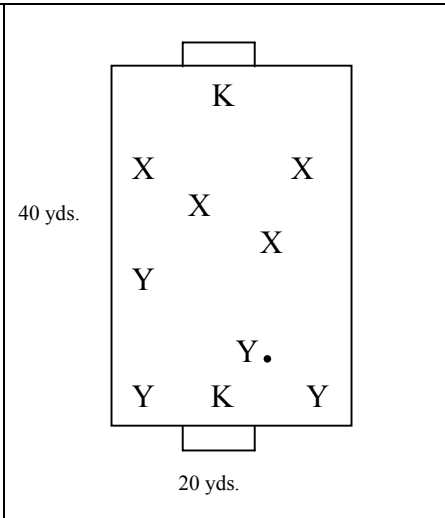



Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 WARM-UP</p> <p>Twelve players, each with a ball. Six scrimmage vests. Cones. 15 x 25 yard grid.</p>	<p>A. All twelve players dribbling while trying to touch their teammates knees.</p> <p>B. All twelve players dribbling within the grid at the coach's command leave their ball and collect and dribble with first available ball.</p> <p>C. Dribbling moves at coach's command: pull with sole of the foot, cut with outside of the foot, cut with the inside of the foot, step over, Cruyff and Matthews. All moves done at speed.</p> <p>D. Find your home.</p> <ul style="list-style-type: none"> Small triangle grids made in each corner of the 15 x 25 grid. Players are distributed evenly in each triangle grid. At the coach's command the players dribble with speed into the triangle grid diagonally across from the original triangle. Same as above but add a dribbling move as all players move diagonally. 	 <p>The diagram shows a rectangular grid with a height of 25 yards and a width of 15 yards. At the top-left and bottom-right corners, there are inverted and upright triangles respectively. Twelve small circles representing cones are distributed within the grid. The layout of cones is as follows: 2 in the top-left triangle, 2 in the top-right triangle, 2 in the middle-left area, 2 in the middle-right area, and 4 in a horizontal row at the bottom.</p>	



Lesson Plan

2 POSSESSION			
<p>20 x 30 yard grid.</p>	<p>Six players with a ball each. One defender on each dribbler. Dribbler attempts to maintain possession for one minute. If the defender wins the ball (s)he attempts to maintain possession. Execute four repetitions switching the defender on each repetition.</p>	<p style="text-align: center;">30 yds.</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;">X. Y Y X. .X Y</p> <p style="text-align: center;">Y X. X. Y Y.X</p> </div> <p style="text-align: center;">20 yds.</p>	
3 FOUR GOAL GAME			
<p>20 x 25 yard grid. Cones placed two yards apart to make four small goals.</p>	<p>4 v 4 players matched man-to-man. Four balls. X players begin each with a ball. Dribble through the cones to score a goal (from inside or outside). If Y wins a ball s(he) attempts to score. One minute playing – one minute resting. Second repetition Y players begin with a ball each. Four repetitions total.</p>	<p style="text-align: center;">20 yds.</p> <p style="text-align: center;">25 yds.</p> <p style="text-align: center;">Only cones, no boundaries.</p>	
4 FOUR GOALS ACROSS			
<p>40 x 20 yard grid. Four goals made with cones on each touchline.</p>	<p>Player X serves to player Y who attempts to dribble through any of the four goals set across the grid. If Y wins the ball s(he) attempts to counterattack and dribble through the opposite goals. Play until three goals are scored. Six players in the grid. Six players are outside the grid – active rest – working on dribbling moves and turns.</p>		

<p>5 4V4 WITH TWO KEEPERS</p>			
<p>40 x 20 yard grid with age appropriate goals at each end.</p>	<p>One goalkeeper in each goal, four X players and four Y players.</p> <p>A. One restriction – players cannot score on a one-touch finish to encourage dribbling.</p> <p>B. No restrictions.</p>		
<p>6 COOL-DOWN</p>			
<p>20 x 25 yard grid.</p>	<p>Every player with a ball slow pace dribbling. Juggling incorporated too. Stretch. Rehydrate!</p>		<p>At this age it is appropriate to take players out of their comfort zone and into a more competitive environment. Encourage players to use dribbling moves introduced in all exercises. Make corrections if moves are done incorrectly or at inappropriate times. Positive reinforcement will benefit you as a coach, with players attempting dribbling moves more often and with a greater degree of confidence.</p>