### Stage 1 - Dribble Lanes

- **Area:** In a 20Wx30L yard grid divided into 2 10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following:
  1. Interval 1: Runs with the ball and passes the ball across to the next player in line with the right foot.
  2. Interval 2: Run and Pass with the left foot.
  3. Interval 3: Run at each other and make a move going to the right then accelerate and pass the ball.
  4. Interval 4: Move to the left.

- **Where:** From the Defensive to the attacking half
- **What:** Running with the ball, Receiving, Penetration, Support, Width and Mobility
- **When:** In possession of the ball and with space to attack
- **Why:** To penetrate the opponents defense and create goal scoring opportunities

### Coaching Points

- **Activity Time:** 2 mins
- **Rest:** 30 Secs
- **Intervals:** 4

- **What?** Technique of Running with the Ball:
  ~ Push the ball forward with the laces.
  ~ Each touch of the ball should push it a few steps ahead of the dribbler.
  ~ Keep a natural running stride.
  ~ The head is up and the eyes scan the field.

### Stage 2 - 4v4 RWB into the Attacking Half

- **Area:** In a 20Wx30L yard field with goals
- **Target team (Red):** #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11 - Play to score in the opponent's goal.
  ~ If a player receives the ball and runs from the defensive half to the attacking half and scores it is worth 10 points. All other goals are 1 point.

### Coaching Points

- **Activity Time:** 4 mins
- **Rest:** 1 min
- **Intervals:** 3

- **What?** Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance

### Stage 3 - 4v4 to Goal

- **Area:** In a 20Wx30L yard field with goals
- **Target team (Red):** #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply

### Coaching Points

- **Activity Time:** 7 mins
- **Rest:** 2 mins
- **Intervals:** 2

- **What?** Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance

### Stage 4 - 7v7

- **Area:** In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #7 & #11 when to run with the ball

### Coaching Points

- **Technical Execution, Roles and responsibilities of #2, #3, #7, #11. Attacking Principles, 5W's, Speed of Play**