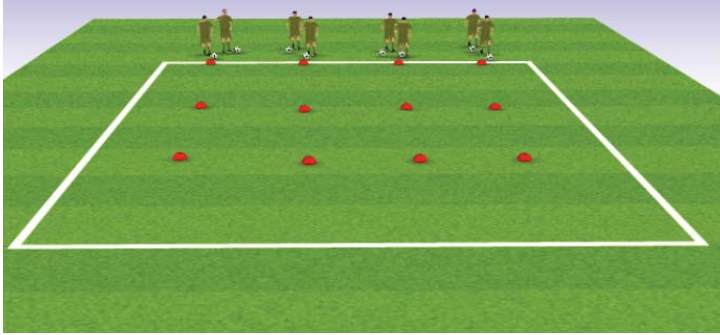


TRAINING SESSION 6



Technical Warm-Up: Let's See Your Moves Part 2

Set-Up as shown. Each player has a ball. Player will dribble to the middle cone, perform the move, then accelerate to the 3rd cone. Coach will introduce the following 1v1 moves.

- 1: Shift
- 2: Scissors
- 3: Step-Over

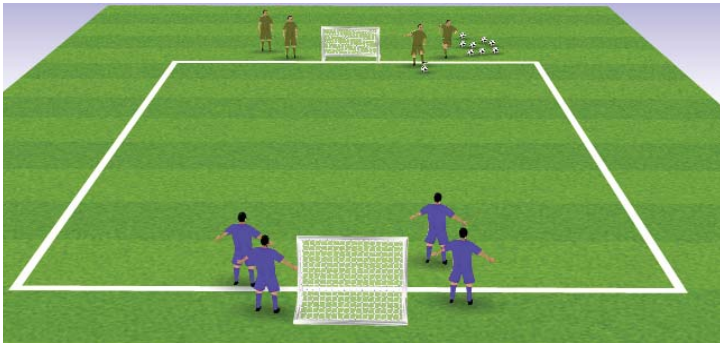


Activity 1: 1v1 To Cones and Goal

Grid is 20x20, set-up as shown. Split group into two teams. It's a 1v1 battle that starts with Brown playing the ball to Purple.

Purple tries scoring on the goal, if Brown wins the ball, they score by stopping the ball at one of the cones.

Play 5 minutes, keep score, switch roles.



Activity 2: 2 v 2 to Goals

Grid is 20x20, set up as shown. Split the group into two teams. Ball starts with one team that passes the ball and plays defense. If they win the ball, they go to goal.

Have players switch their teams of 2 so they play with and against different players.



Activity 3: 3 v 3 + 2

Grid is 20x20, set up as shown. Split the group into two teams of 3 with 2 free additional players. These two players are with the attacking team at all times.

Change up free players so each player gets a chance.