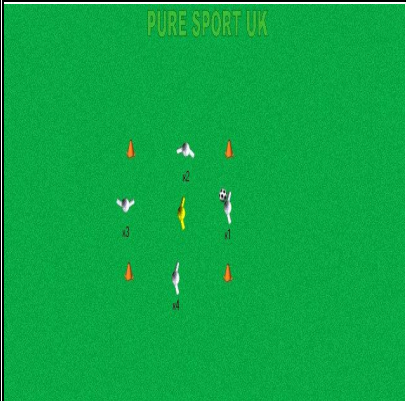
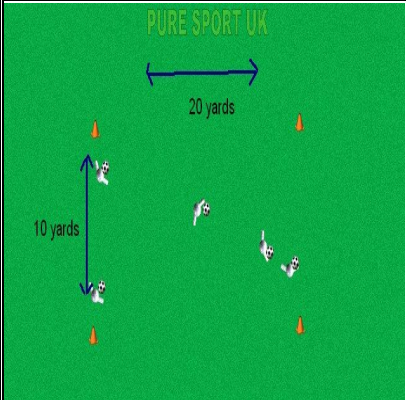


	Session title – Dribbling to turn		
Organisation	Description	Duration	Coaching points
Pre session - Players responsible for setting up grid - Play keepaway - If you lose possession you go into the middle		5 mins	- On your toes - Passing quality - support angles
Warm up - Players have a ball each - Show of their skills in the area - Respond to commands 1) Toe taps 2) Boxes 3) Rolling toe taps		10 mins	- Fast feet -Creating space - dribbling speed
Technical - x's stand outside of the circle - Players with a ball dribble into the middle perform a skill in the small circle and then dribble out to find a player without a ball - Variations on how to get from the outside to the inside 1) Just a pass 2) Take 3) One two - Add a defender. Initially passive and then progress to be active		15 mins	- Decision making - Technique - Communication

<p>Skill Development</p> <p>4 v 4 circle</p> <ul style="list-style-type: none">- objective to receive the ball between the gates.- Progress to allow players to dribble the ball into a safety zone, which is anywhere on the outside of the circle <p>Variations</p> <ol style="list-style-type: none">1) Add more players2) More gates /Less gates3) Smaller circle		<p>15 / 20 mins</p>	<ul style="list-style-type: none">-Decision making- Communication- Support play- Technique