



|  |  |
|--|--|
|  | <p>3v3/4v4 Scrimmages to start (preferably 3v3 if numbers allow).</p> <p>2 ways to score: Dribble over the end line for 1pt.</p> <p>Score in one of the goals for 2pts. Play for 10-15 minutes.</p> <p>Fields should be around 20 yards long and 15 yards wide.</p>  |
|  | <p><b>Body Parts</b></p> <p>Make sure that each player has a ball.</p> <p>The players should be dribbling around and then the coach will shout a body part and they have to stop the ball and then place that body part on the ball.</p> <p>Play for 5mins drink and play again</p>  |
|  | <p><b>Dribbling Through Traffic</b><br/>(10x10 yards - small area to cause chaos!)</p> <p>Every player has a ball (max 2 per side) Players dribble across the area to score a point.</p> <p>If you bump in to another player, you don't score a point for that 'length'. 90 second rounds, change the technique. Boxes, Outsides, Inside/Outside, Sole Roles, Weak Foot, Toe Taps, Freestyle, Speed Dribble - etc.</p> |
|  | <p>Scrimmage 3v3 or 4v4 depending on group numbers!<br/>Use 4 goals for the scrimmage</p> <p>Encourage the players to find opportunities for dribbling.</p> <p>Give bonus goals for those that choose very good moments to dribble and/or go on successful dribbles.</p>   |

