



	<p>Mini Scrimmage on arrival. 3v3 or 4v4 maximum. 4 goal or 2 goal game. 5-10 mins then move to #2. 2. Dribbling - varying touches on the ball.</p> <p>A. Dribbling outside/inside b. inside touches only (boxes) c. toe taps (stationary/moving - both) d. sole roll/inside opp' foot. Mix up - add too - and vary these combinations - perform as competition.</p> <p>SKILL OF THE DAY - MESSI - demo, players repeat. Allow 2 mins practice.</p>
	<p>King (or queen) of the Castle</p> <p>Add 2-3 5x5 squares to the area used previously (depends on numbers in group). Defender (King) stays in the square (Castle), and tries to stop the thieves stealing his/her gold. Players steal a gold coin every time they dribble in one side and out of another side of the castle. Bonus coins if they perform a Messi to fake the King/Queen 90 second round - change king/queens.</p>
	<p>Attackers begin in a line by the red cone (2 stations).</p> <p>Defenders begin in between two cones (two blue/two yellow). The defenders are limited to sideways movement only (they're crabs!), while the attackers must use a feint to off balance them and dribble past. Once they dribble past, they can shoot in to the pug goal or cones. Rotate defenders. Play as a competition –</p> <p>1pt every time you beat the defender.</p>
	<p>4 goal game!</p> <p>Encourage players to find space so they can dribble when they receive it.</p> <p>Positioning is not important at this stage, but finding space to dribble when they get it, is.</p>