



	<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>Every player has a ball (max 2 per side line) - 10x10 up to 12x12 area</p> <p>Players dribble across the area to score a point. If you bump in to another player, you don't score a point for that 'length'. 90 second rounds, change the technique.</p> <p>TECHNIQUES: Boxes, Outsides, Inside/Outside, Sole Roles, Weak Foot, Toe Taps, Freestyle, Speed Dribble - etc.</p>
	<p>1v1's Through Traffic</p> <p>Red's are shown as the first defenders. They begin with the ball - on coaches call, they pass across the area to the white player. White must dribble past their opponent and dribble over the end line to score a point. If play goes out of bounds or red steals it, the play is over. 90 second rounds. PROG - add counter attacks - now red can attack and steal the point IF they steal the ball and dribble across the opponents line.</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 too important at this stage, but finding space to dribble when they get it, is.</p>