

I. WARM UP

A. "ON YOUR OWN" DRIBBLING → AS LONG AS THEY ARE DRIBBLING/MOVING NO COACH INPUT.

B. CREATE A NEW DRIBBLING MOVE/CADENCE

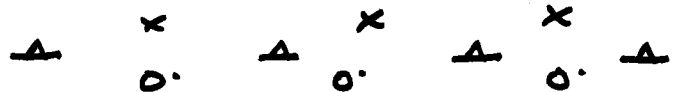
1. IN PAIRS/THREES, A NEW (SOLE-SOLE-SCISSORS) DRIBBLE
* EVERYONE MOVING/THINKING
2. TEACH THE GROUP THE NEW MOVEMENT

C. MULTI GRID KNOCKOUT

1. MUST SEE "NEW" MOVES
2. SOLE ONLY UNLESS ATTACKING BALL

HAVE DADS DRAG 2ND GOAL OVER

II. LATERAL TO CONES



- 'O' TO TOUCH BALL TO CONE

BEFORE 'X' CAN TOUCH CONE WITH HAND

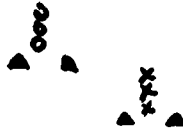
- VAR. X PASS TO O

QUICK FEET

III. SHOOTING/DEFENDING



- O PASS TO X
- X ATTACK GOAL
- O 2 IN TO DEFEND



- O PASS IN FRONT OF X
- X ATTACK GOAL
- O RECOVER TO DEFEND



- X ATTACK GOAL
- X PASSIVE DEFEND FOR O
- O ATTACK GOAL
- O PASSIVE DEFEND FOR X

"KICK THE BALL OUT OF YOUR LINE WHEN SHOOTING"

IV. 3 v 3 v 3 TRANSITION GAME TO LARGE GOALS

ENCOURAGE EARLY SHOT

V. SSG TO LARGE GOALS

ENCOURAGE EARLY SHOT