

**I. WARM UP**

- DRIBBLING IN GRID - USUAL EMPHASIS
- MICRO STEPS & MICRO TOUCHES
- SCISSORS SCISSORS SCISSORS - GET BALL ROLLING & KEEP IT ROLLING - AS MANY SCISSORS AS POSSIBLE

**II. CONTROLLING THE BALL - SOLO (SELF-SERVE)**

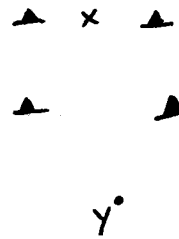
- CUSHION → LACES / THIGH
- WEDGE → INSIDE OF FOOT / SOLE

**III. CONTROL IN PAIRS**

- SAA WITH 2 BALLS, SERVE CONTINUALLY  
CONTROL TO FEET / SHOULDER, PASS BACK WHILE NEXT BALL SERVED

**IV. GROUND CONTROL - PAIRS**

- PASS INTO PLAYER IN GRID, PLAYER IN GRID TO CONTROL BALL WITH 1ST TOUCH TO OUT TO SIDE OF GRID, PLAY BACK & RECOVER
- PASS INTO X. X TO MEET BALL BEFORE BALL ENTERS GRID, CONTROL PLAY BACK & RECOVER



**V. DEVELOPING TOUCH - PAIRS**

- 5 YARD 1 TOUCH PASSING THROUGH SMALL GATE

**VI. SSG**

- 3 LINE GAME
  - LINK 10
- END WITH 4v4 / 5v5 TARGETS?