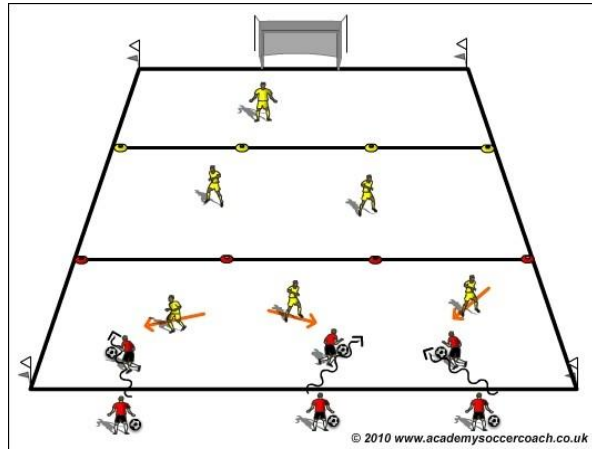
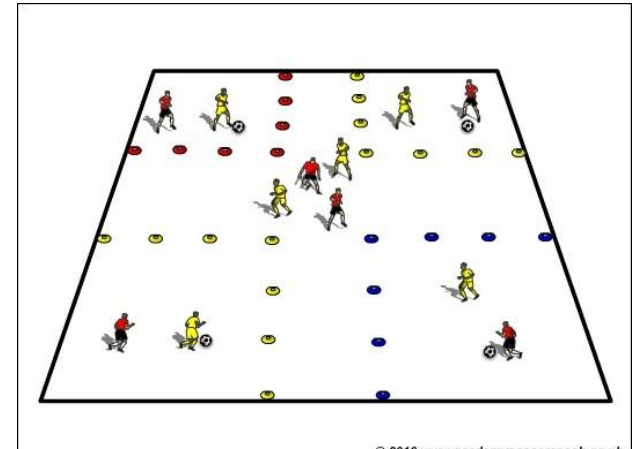


POSSESSION, PASSING, and DRIBBLING
 6v4, 4 defend the circle
 Attacking team maintain possession and score by dribbling into the circle
 --Var.: Also score by completing 5 consecutive clean passes - Prevents 4 guarding circle
 Defending team score by dribbling ball outside of area while in possession
COACHING POINTS:
 -Creating space
 -Dribbling skills
 -Quality of passes
 -Support and off ball movement

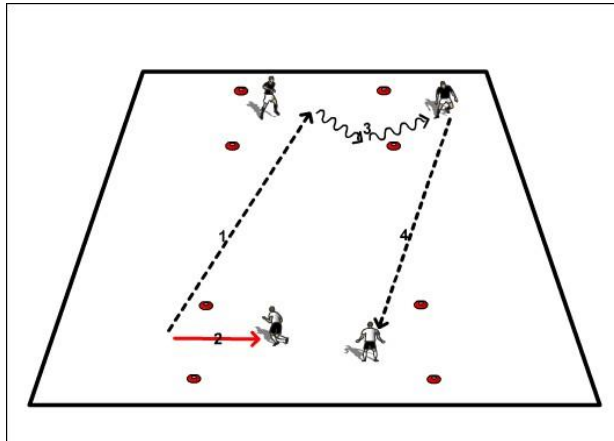


1. Reds try to dribble through the three zones occupied by the (yellow) defenders.
2. Yellows must stay in their zones, and try to kick any ball that is dribbled through out of bounds.
3. Reds go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, the next red in line may go right away.
4. As soon as the 'dribbler' in front of you leaves the zone, the next 'dribbler' can also go.
5. After beating the last defender, the 'dribbler' must shoot the ball into the goal to get a point for their team.

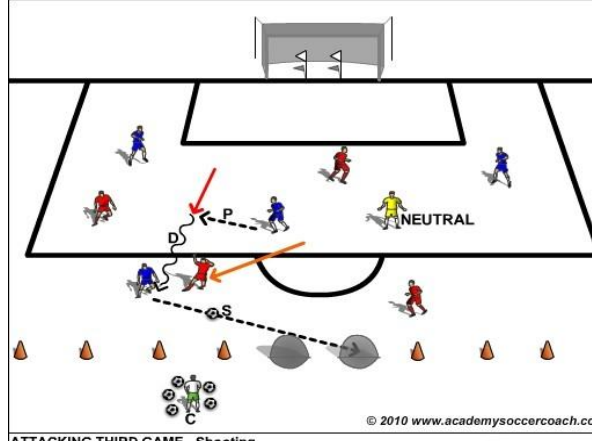
Coaching Points
 Good dribbling technique.
 Vision/awareness
 Finishing



4, 10 x 10 grids with space between each grid.
 -Begin 1v1 (2v2 if numbers dictate) in each grid. Additional players (floaters) start in middle.
 -Objective is for a team to have possession in all four grids at the same time.
 -Floaters may assist their teammates as needed for numbers up (2v1) or to even numbers (2v2).



10x10 grids, 20-30 apart. 2 per grid
 Driven pass/cross accurately into other grid
 Receive pass/cross, dribble/skill to get out to side of grid, drive/cross ball to other grid
COACHING POINTS
 Passing/Crossing technique
 1st touch
 Control, get outside, cross with increasing sense of urgency without cheating technique



ATTACKING THIRD GAME - Shooting
 4v4 / 4v4+1 / 4v4+GKs --- Full or modified width depending on numbers / playing level.
 -Provide "far post goals" (Puggs) on the coned line between middle and attacking third.
 -Provide flags defining the far post in the large goalmouth.
 --Free play within the "Attacking third"
 ---Encourage many early shots as is desired in attacking third.
 ---Encourage far post attempts (additional point?) while still allowing for near post strikes.
COACHING POINTS:
 -Shooting technique. --low, hard, far post
 -Follow up
 -Far post runs
VARIATION:
 Define a midfield line which an attacker may not retreat behind. Provide numbers up for attacking team.
 "You never score with any of the shots you never take!"