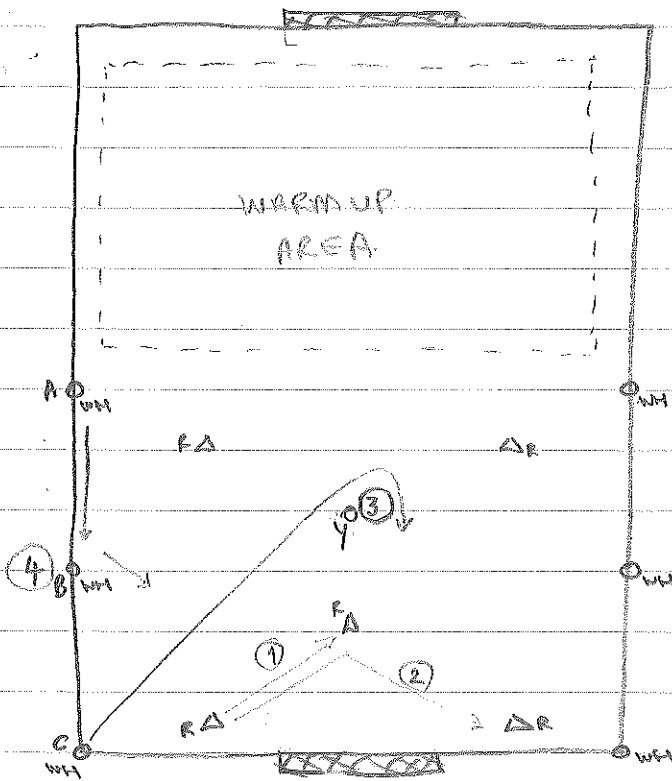


TRAINING PROGRAMME 10



5 RED BIBS
5 BLUE BIBS
5 BALLS.

5 RED CONES.

6 WHITE CONES.

1 YELLOW CONE

1 GOAL

WARM UP. Follow the leader a) Follow person with ball
b) Follow person with ball & turn when instructed (inside turns, outside into team 2, stopover turns)

SKILL: USING 5 RED CONES: ① Player on each outside cone dribbles ball to centre cone & turns then dribbles back. Vary turning method.

② Player on each outside cone dribbles to centre cone then turns to the right and dribbles to other outside cone. [Use shouts or whistle to control when players go.]

USING CENTRE YELLOW CONE: ③ Start at corner flag and dribble to centre cone, turn quickly & shoot. Position 2 players behind goal to collect balls.

③ Position player at centre cone. Player at corner flag passes to centre player who shoots. [Encourage control & pushing ball forward before shooting]

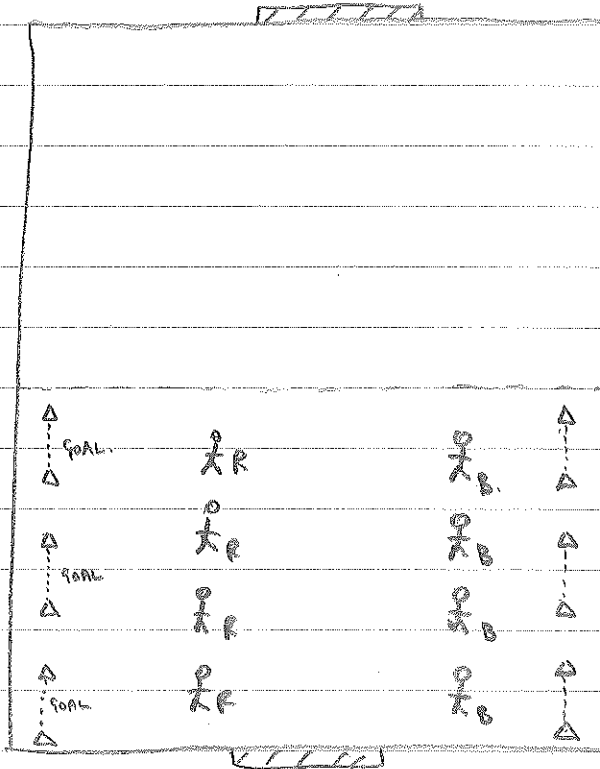
③ Swap sides (other corner flag)

USING SIDELINE WHITE CONES: ④ Dribble from A to B, @ B do a right foot stepover and push ball with left foot towards goal and shoot. + CHANGE TRICK AT B TO WHATEVER PLAYER WANTS?

④ Introduce Defender @ C and when player @ A dribbles to B the defender can move to block.

④ Swap sides (other sideline)

GAME "6 GOAL GAME"



12 CONES

1 BALL

NOTE: have spare balls in the goal, saves time
running around after them.

2 even teams both having 3 small goals each

GAME can be varied by:

+ adding additional ball

+ One touch only to score

+ Attacker can only have two touches to pass.

+ Attacker must walk thru goals to score?

7v7 GAME If we have time?