

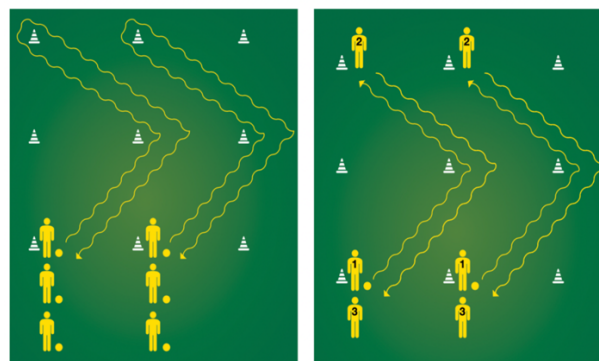
Session 5

Start Game – 15 Minutes

Organisation/ Explanation

- Each player starts with a ball and dribble around the markers as illustrated
- Once player has returned, next player can go and repeat.
- Vary the exercise by having player at each end of the relay as illustrated.
- Encourage quick ball movement through dribbling and close control.

Diagram

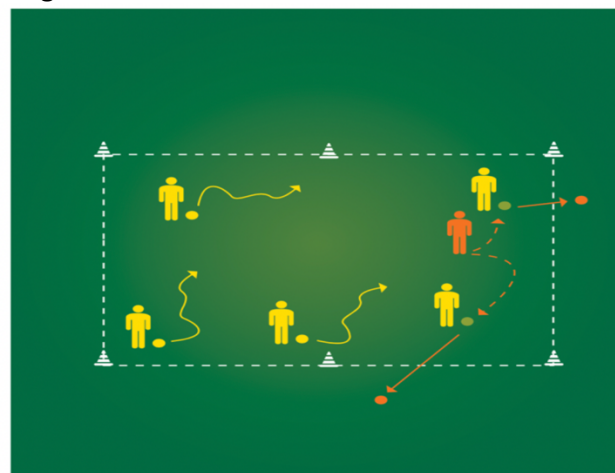


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing area: 10m x 14m
- Players dribble around with a ball each
- On coaches call of 'shark attack' tagger looks to kick as many balls out of the grid as possible in 30 seconds.
- Rotate the 'shark' so that everyone gets a go at defending.
- Encourage players to keep close control of the ball and to find space to get away from the 'shark'

Diagram



End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 20m, Width 15m, Gate, 2m03m apart.
- Players score by passing or shooting through wither side of the gate.
- Encourage players to find space in which to pass or dribble the ball.
- Just let the players play, do not stop the game to correct player positions.
- Play with or without goalkeepers.
- Play 3-5 minute games and swap players in and out of teams.

Diagram

