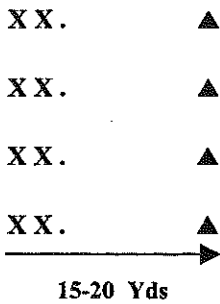


FUNDAMENTAL:



LINE DRIBBLE

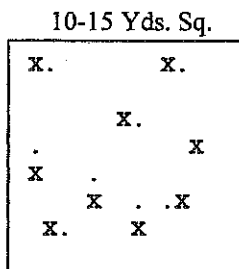
ORGANIZATION:

- Players in Pairs
- One dribbles, One rests
- Players dribble to cone and back

CONDITIONS:

- Outside of right foot only
- Inside of right foot only
- Laces of right foot only
- Alternate inside & outside of right foot
- Same sequence for left foot
- Build a rhythm of one step only between each touch

MATCH RELATED:



HOUSE DRIBBLE

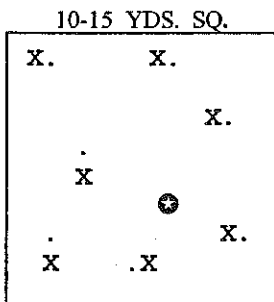
ORGANIZATION:

- Each player has ball
- Players dribble in area
- On coach's signal, players:
 - Stop
 - Change direction
 - Switch balls
 - Dribble to a line

COACHING POINTS:

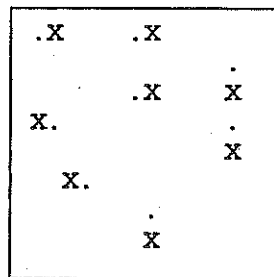
- Use all parts of both feet
- Keep ball close to body
- Head up, look for space
- Change direction
- Change speed

MATCH CONDITION:



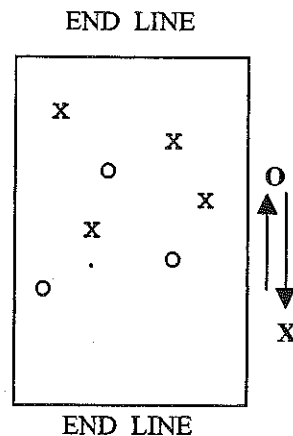
PIRATE GAME

⊙ Is pirate – tries to win a ball. Player who loses the ball is new pirate. Change speed and direction to avoid the pirate.



DOG EAT DOG

Players shield their ball while trying to knock other players' balls out of grid. Last one to remain in grid with ball is winner.



END LINE GAME

X's against O's
 Each team tries to place the ball on their opponent's end line to score a point.