
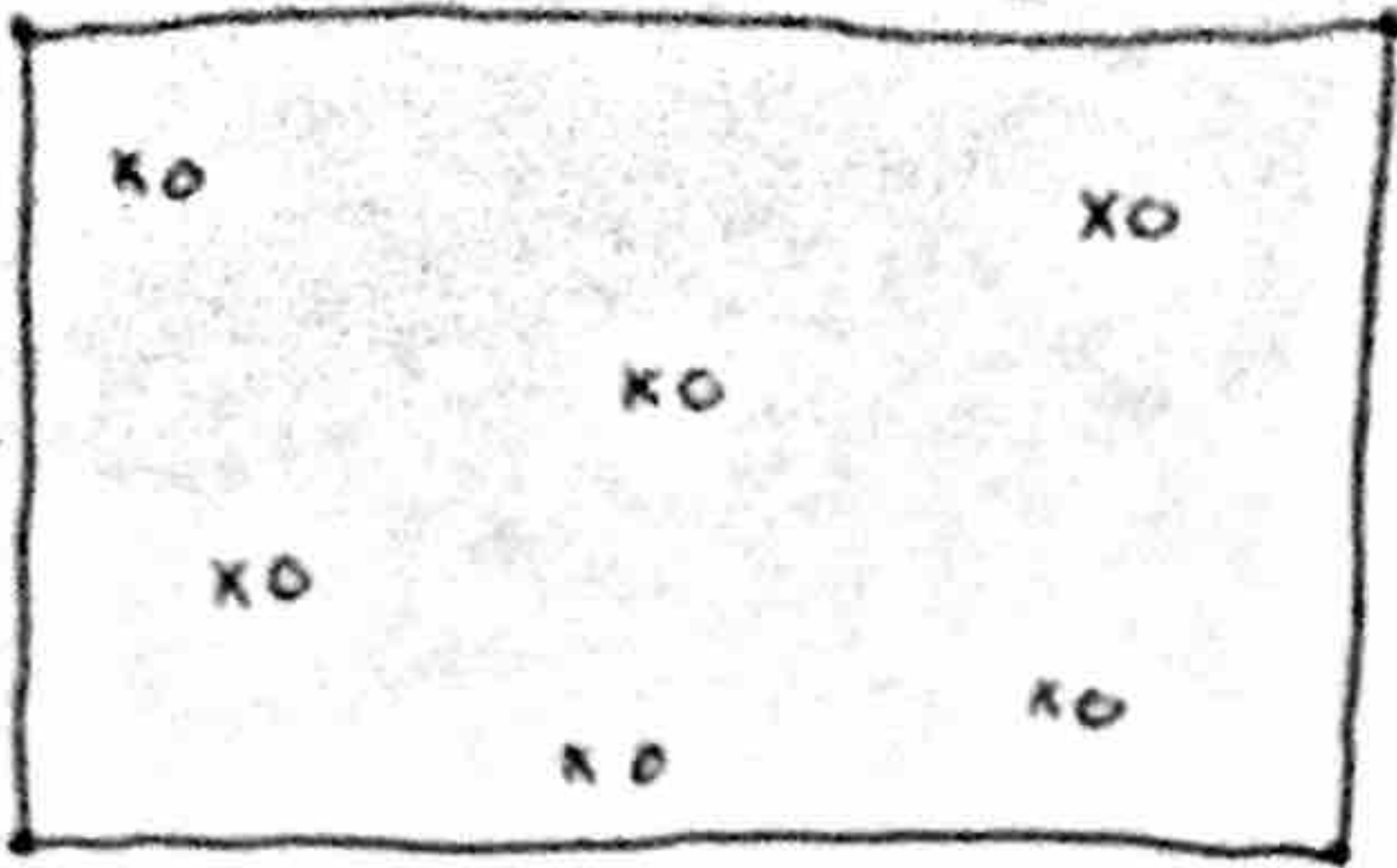
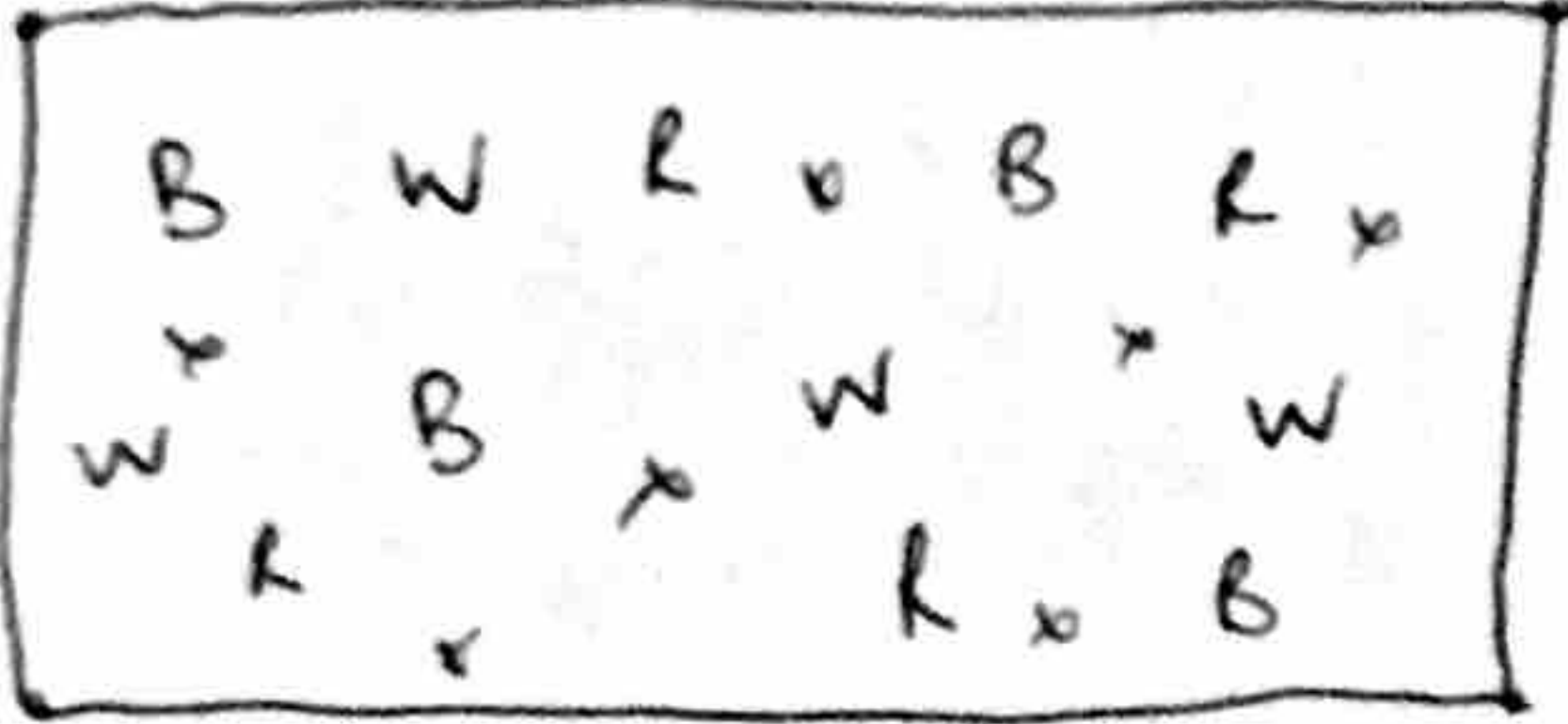
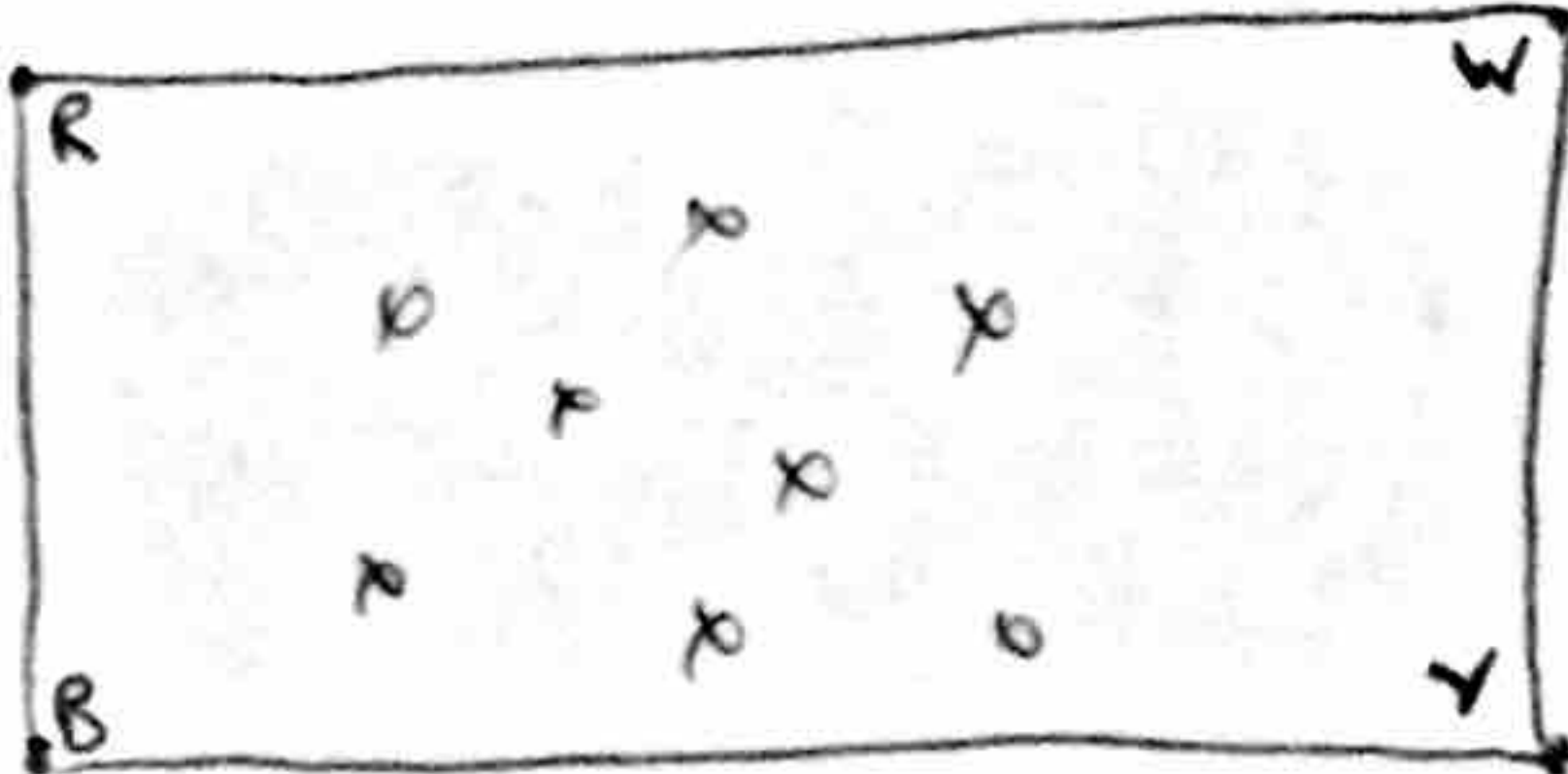
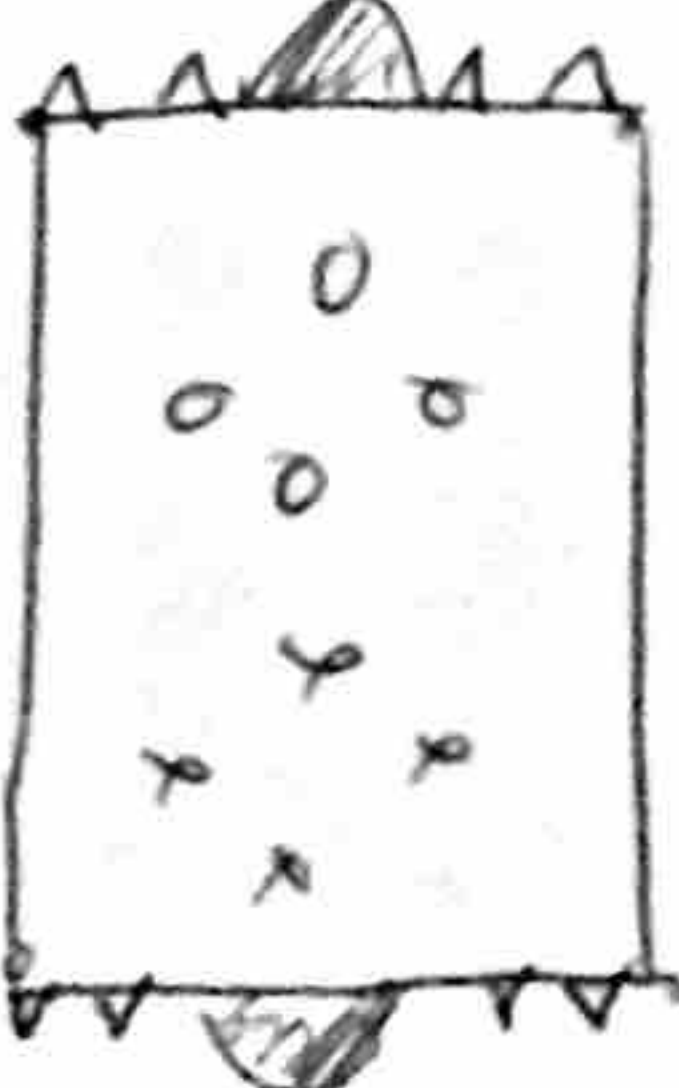


12/05/17

	<h1 style="text-align: center;">Dribbling</h1>		<h2 style="text-align: center;">Main Coaching Points</h2>
<p>Warm Up</p> <p>10 - 15 mins</p>			<ul style="list-style-type: none"> - Players in pairs - Dribbling different directions. - X must follow O - Both must keep ball under control.
<p>Main Session</p> <p>30 mins</p>	 <p>Red cone - beat player Blue cone - go round White cone - change direction</p>  <p>KO game - On colour shout players must dribble to corner.</p>		<ol style="list-style-type: none"> ① Head Up! ② Little touches ③ Be positive! ④ Change of pace. <p style="text-align: right;">Loser gets forfeit!</p>
<p>Small Sided Game</p> <p>15 - 20 mins</p>	 <ul style="list-style-type: none"> - 4v4 normal game - 1 point for scoring in goal - 2 points for dribbling through side goals. 		