

01/08/18

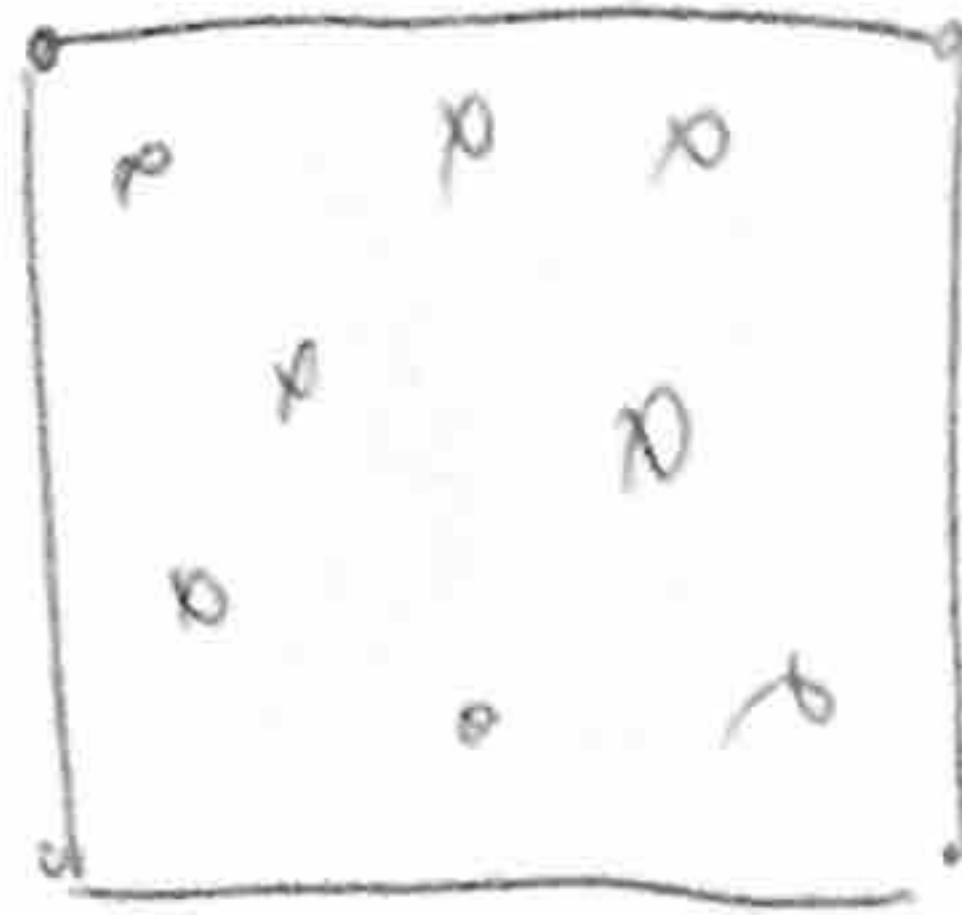


Small sided games

Main Coaching Points

Warm Up

10 mins



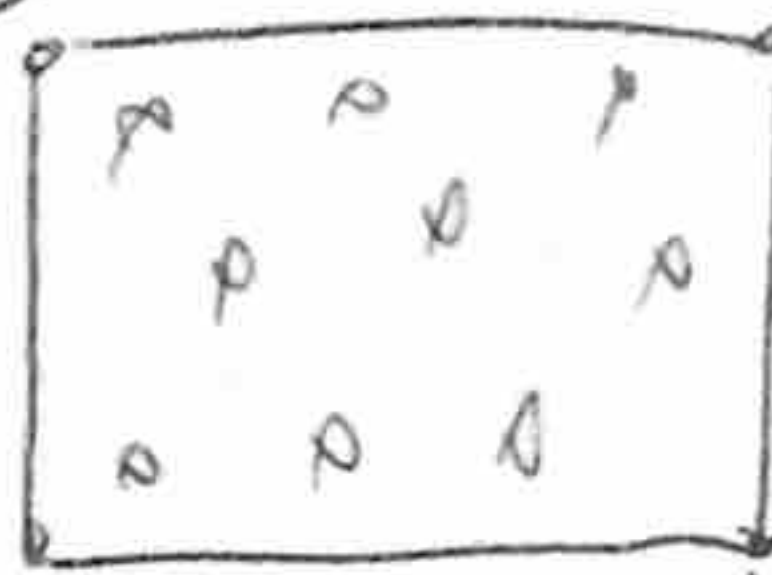
Comp  
Zunius  
who can  
do the  
best trick  
skill  
Most creative?!

Dynamic stretches  
Dribbling  
Tricks  
Skills

Main Session

30 mins

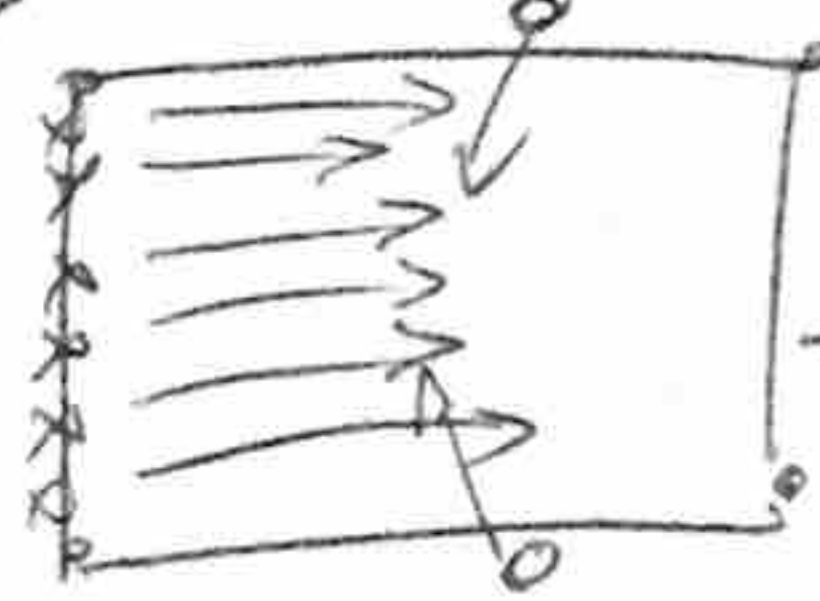
King of the Ring



- Everyone on the dribble  
- On shout players must keep control of their ball + kick others out.

- 1) Head up
- 2) keep ball close
- 3) Be aggressive
- 4) Skills, tricks
- 5) Be decisive!

Wounded Soldier

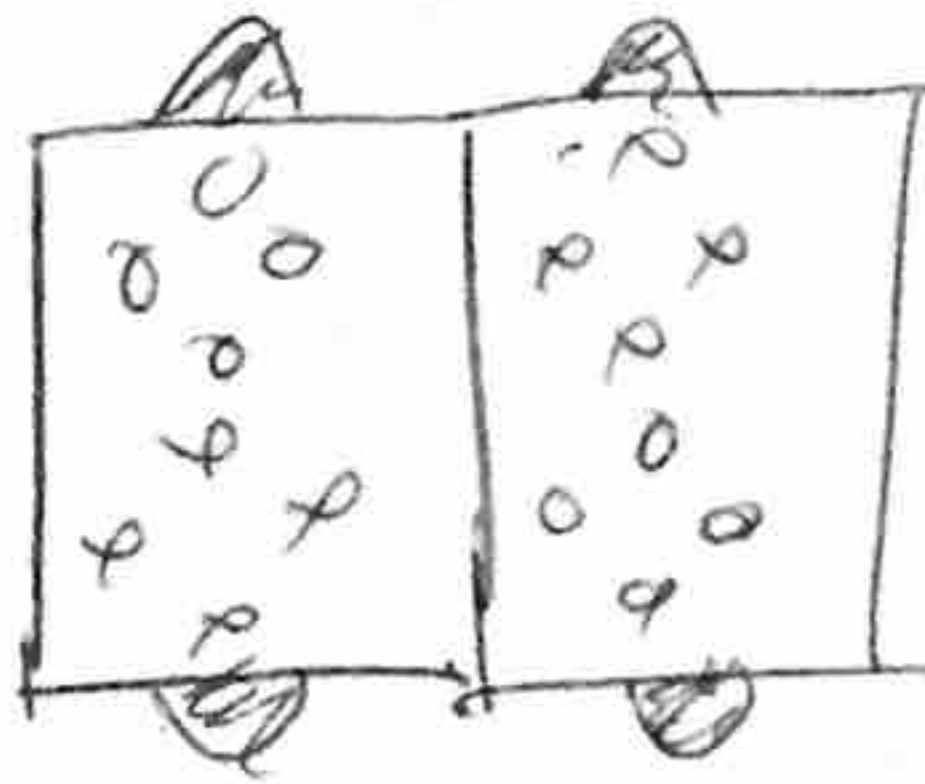


- Players on line  
- Shooters on side  
- Players dribble to other end  
- Shooters try to hit players below waist / or ball

- |                   |                     |
|-------------------|---------------------|
| <u>Shooters</u>   | <u>Dribblers</u>    |
| 1) Timing         | 1) Head up!         |
| 2) Weight of Pass | 2) Awareness        |
| 3) Accuracy       | 3) Little touches   |
|                   | 4) Deceive shooters |

Small Sided Game

20 mins



- 4v4  
mini tournament  
- Losers forfeit