



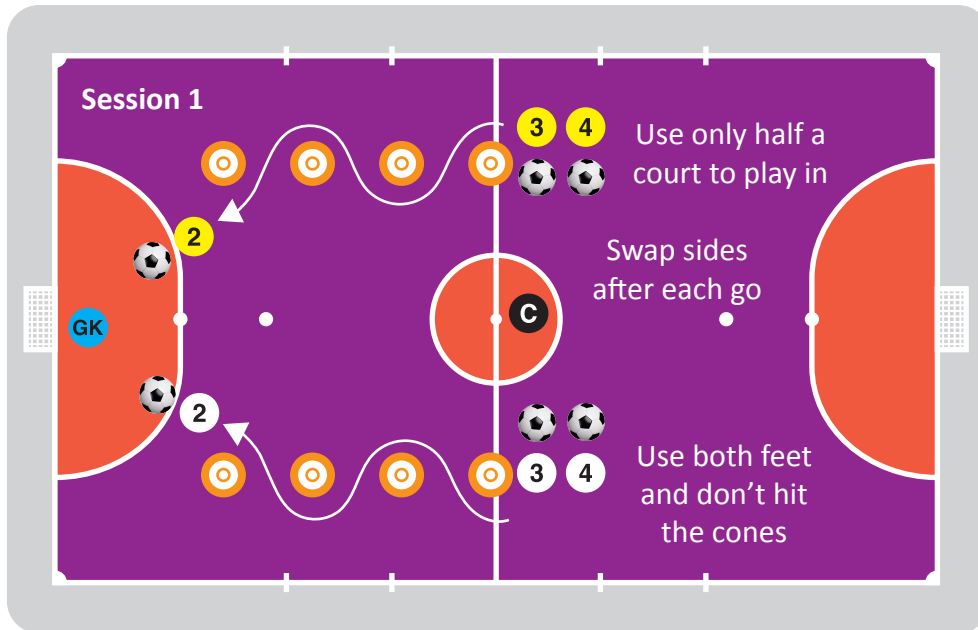
Theme - Dribbling The Ball

Date - Sunday 3 December 2017

Location - St Olave's School Sports Hall

Time - 4.30pm to 5.30pm

Age Group - Under 12 Girls - Mixed Ability

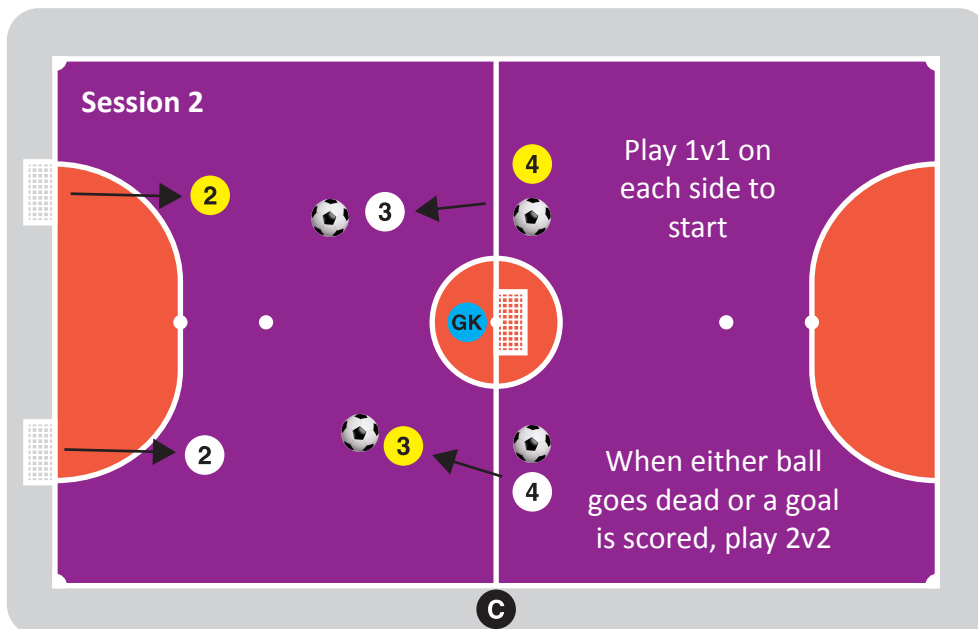


Session 1

Players dribble through the cones before shooting into the goal. After each turn, the players swap sides. Progress to having a race between both sides. Lose a goal if you hit any cone, double goals if you score with a toe poke finish.

Coaching Points

Use both feet, keep your head up, make sure you don't hit any of the cones, toe poke finish in the D.



Session 2

Split the court in half, and play 1v1 in both halves. When a goal is scored or the ball goes dead, play 2v2 using full width. Score in either target goal, defenders try and score in big goal.

Coaching Points

Be aware of what is happening in both 1v1s. React quickly to what happens, attackers switch the ball and try to score in either small goal.

Further Coaching Notes

Session 1 - To start with no rush, make sure the players have the ball under control at all times, and have lots of touches. As they get more confident, increase the pace. Emphasis, keeping the ball close to your feet at all times, don't let the ball get away from you.

Session 2 - Make sure the players don't stop when their game is finished, be aware of the other game and what is happening. Attackers, try and use the full width of the court as you can score in either goal. Defenders, each mark a goal and be positive when you win the ball, score in the big goal.