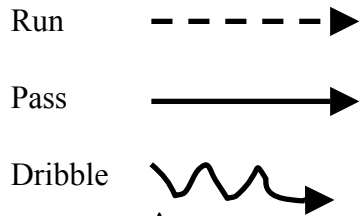


LEGEND:



Recommendations:

<u>Age</u>	<u>Field size</u>
8-12	20x40
12-16	30x50
16-18	50x60

*Field size based on age and ability of players

GIVE & GO

Organization:

- Circles pass ball out to triangles and move on a different line than the ball to get it back.
- Triangles one or two touch

Technique:

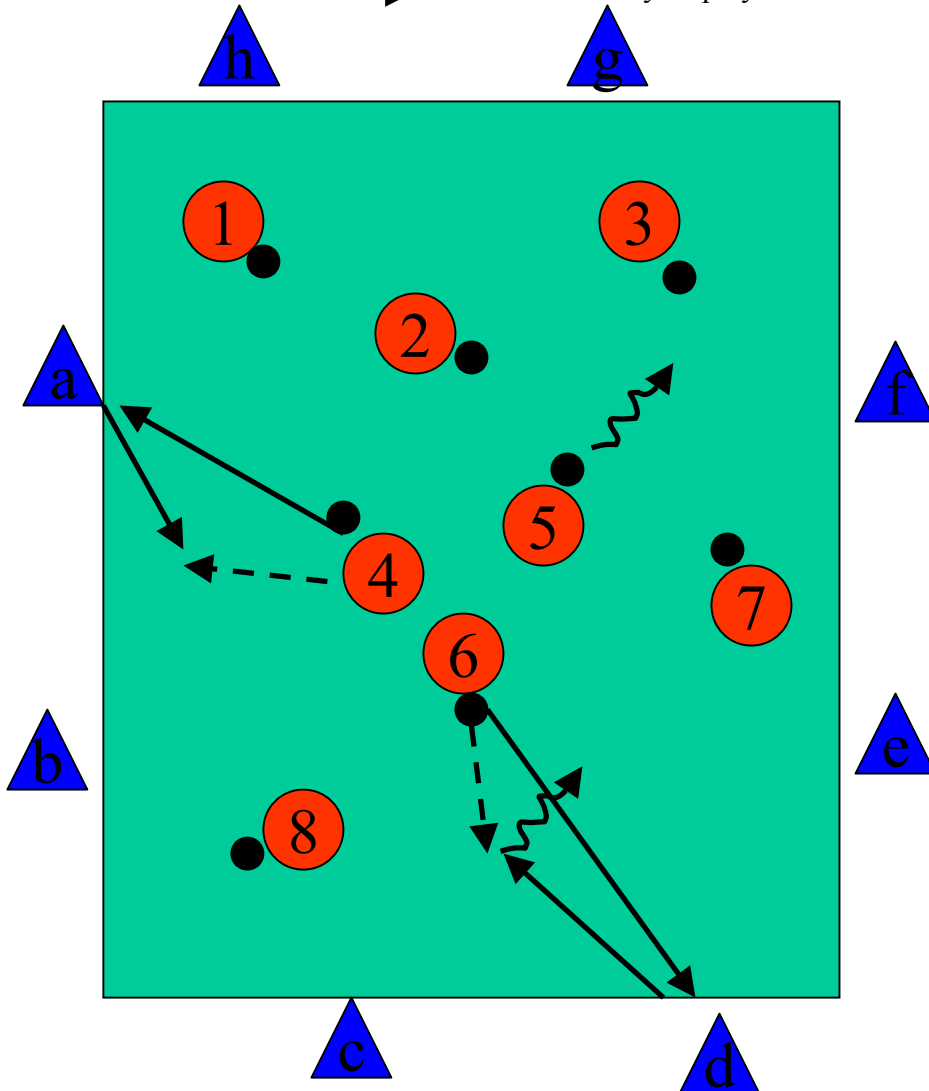
- Passing – inside and outside of foot
- Receiving – inside and outside of foot

Coaching points:

- Plant foot next to ball, toe pointed at target
- Kicking foot, to up and ankle locked
- Weight of the pass for easy control
- Communication and awareness (visual & verbal)
- Accuracy of the pass (to feet or space)
- Timing of the run, so your moving when you receive the ball
- Change speed (with and without ball)
- Keep eyes on the ball
- Relax the controlling surface

Variations:

- Long pass out, receive short pass in
- Short pass out, receive long pass in

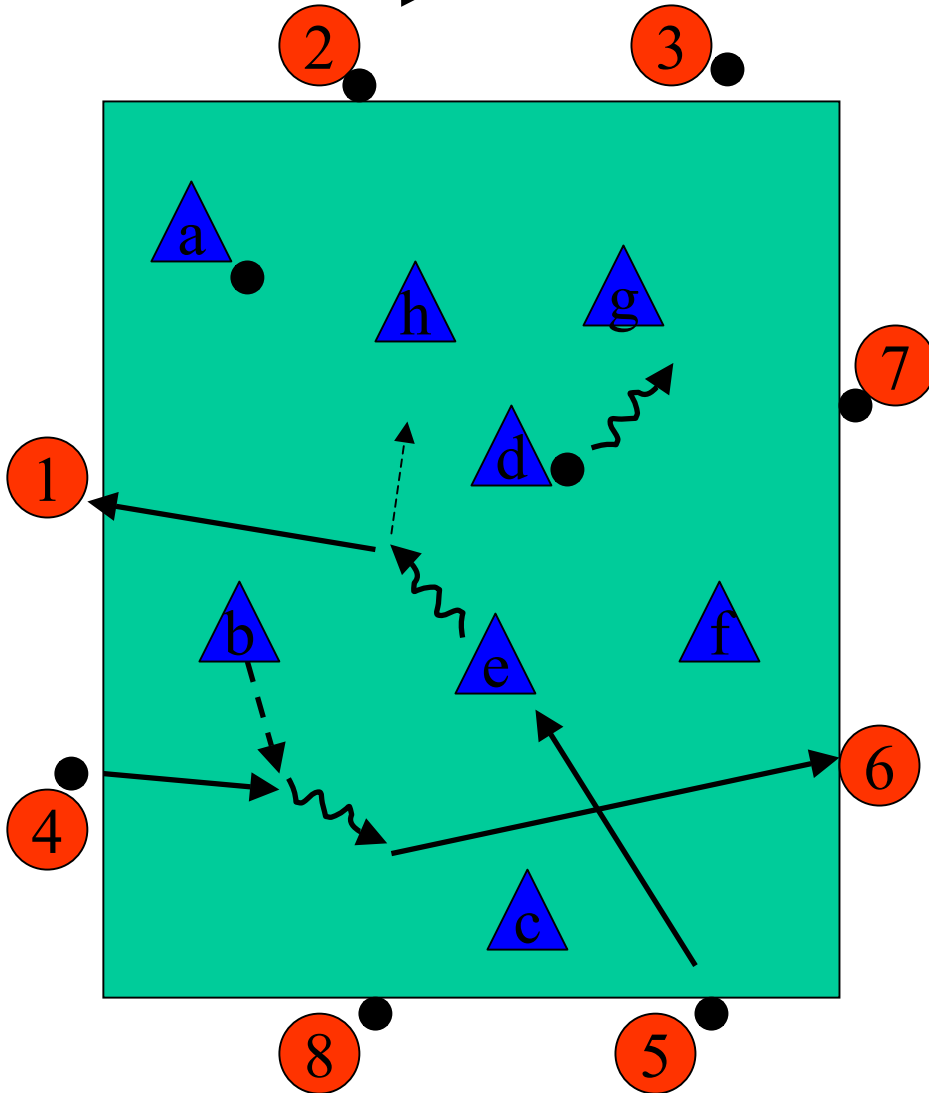


KEY:

Run - - - - ->

Pass ———>

Dribble ~~~~~>



RECEIVE & TURN

Organization:

- Balls start on the outside
- Players on inside move to receive a ball from a player on the outside, then give the ball to a different player on the outside.

Technique:

- Receiving – Inside and outside of foot, thigh and chest
- Turning – introduce different turns (i.e. shielding turn)

Coaching points

- Move with head up
- Communication and awareness (visual & verbal)
- Change speed
- Find options early
- Timing of the run, so your moving when you receive the ball
- Change speed (with and without ball)
- Keep eyes on the ball
- Relax the controlling surface

Variations:

- Players on outside serve from hands
- Inside players receive with foot, thigh, chest, head

KEY:

Run - - - - - →

Pass →

Dribble ~ ~ ~ ~ ~ →

IN & OUT

Organization:

- 4 reds and 4 blues in the rest out
- Pass ball out to player on same team and go out. Player on the outside comes into the game with the ball.

Technique:

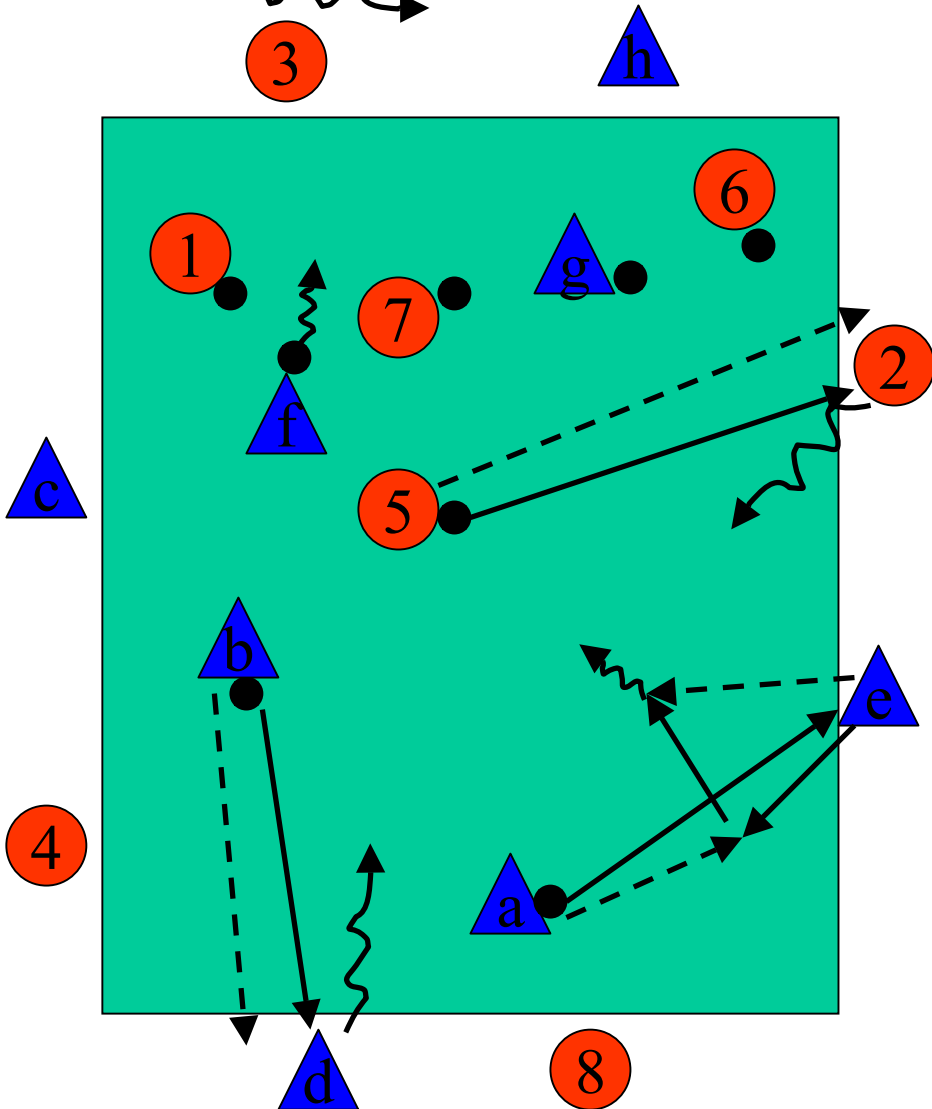
- Receiving – Inside and outside of foot
- Dribbling – Inside, outside and instep of foot. Introduce moves to beat an opponent (ie scissors)

Coaching points:

- Relax the controlling surface
- The body and ball are under control
- Movement of body and ball to throw opponents off balance
- Change of pace
- Change of direction
- Head up

Variations:

- Bring the outside player into the game with a combination, i.e. takeover or give & go (see diagram players **a** and **e**)
- Do a turn with the ball before play ball out



KEY:

Run 

Pass 

Dribble 

1v1 Keep away

Organization:

- 4 groups of 2 play 1v1 across the grid
- 2 play north/south and 2 play east/west
- Make-it, Take-it

Technique:

- Dribbling – Manipulating the ball from side to side

Tactics:

- 1v1 – Develop a “take-on” mentality

Coaching points:

- Close ball control
- Sideways stance of the body (shielding)
- Body between the ball and the opponent
- To be patient and not give ball away unnecessarily

Variations:

- Play for 1 minute then switch players in and out
- Play with “In and Out” rules

