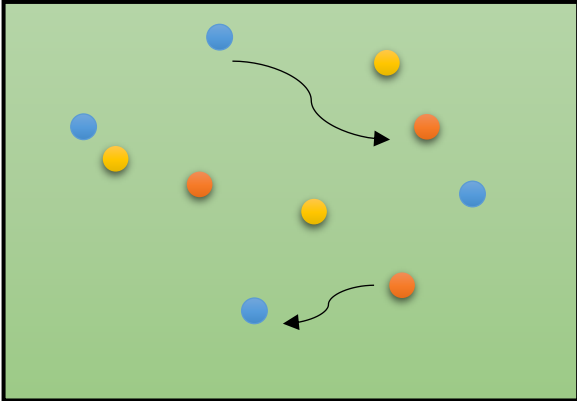
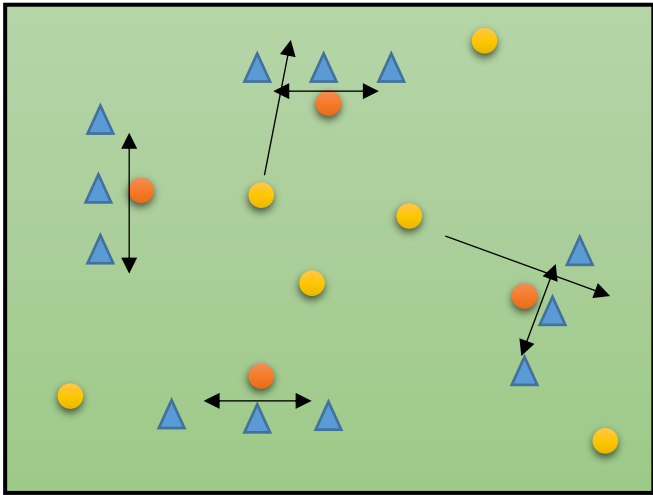
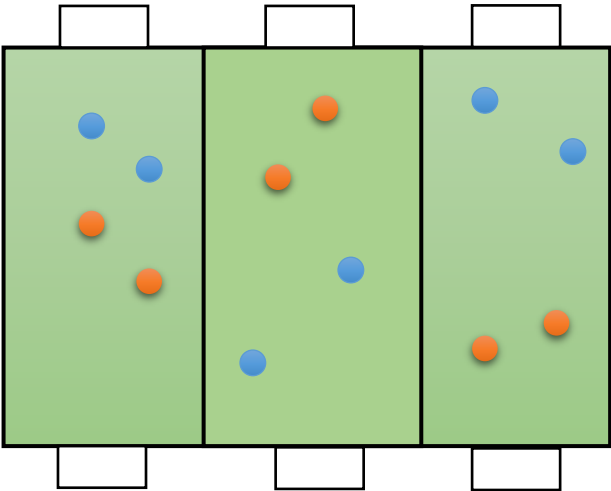


Age group	session length	Topic	
U7 - FP	60 min	Dribbling in 1v1 and 2v2 situations	
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Coaching points</b></p> <ol style="list-style-type: none"> <li>1. Players change of speed and direction to get past/away from someone trying to catch them or trying to get a tail.</li> <li>2. Players must use different parts of the foot to keep the ball close to them. Trying to control it as they change direction quickly</li> </ol>			<p><b>Arrival activity</b> - tails tag each player has a bib tucked into the back or side of their shorts. Players will have 2-3 minutes to try and get as many tails as they can. If a player catches someone else's tail they must move into a safe zone to tuck it in. after a few minutes stop and restart the game seeing who gets the most</p>
<p><b>Questions for players</b></p> <p>Try to change direction quickly how can you recognise space? What can to do to keep the ball close?</p>			
<p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>1. Each player has a ball they must keep the ball with them at all times.</li> <li>2. Payers can now try and tackle each other as well as take bibs each are worth different points</li> </ol>			
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Coaching points</b></p> <ol style="list-style-type: none"> <li>1. Players ability to change speed and direction to get past a guard</li> <li>2. Players ability to use the different parts of there feet to keep the ball under control</li> </ol>			<p><b>Tactical &amp; technical practice</b> area will have gates with guards between them (2 gates for 1 guard) The guards must stop players moving though the gates guards must try and take the attackers tail (bib) if they do they swap over with the attacker. Guards can only take 1 forward step away from there gates. eveytime a player gose though a gate they score a point.</p>
<p><b>Questions for players</b></p> <p>How can we keep the ball under control? Try to add disguise to trick a guard. What other ways can you trick a guard with or without the ball?</p>			
<p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>1. Players now have a ball and must dribble past the guards <b>to score a point</b></li> <li>2. players can parner up and make a team of 2 to get past the guards.</li> </ol>			
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Coaching points</b></p> <p>try to let the players play without coaching them</p>			<p><b>End Game</b> players will be split into teams of 2v2 or 1v1</p>
<p><b>Questions for players</b></p> <p>Try to take players on when in a 1v1 or 2v2 situations. What parts of the foot can you use to get past them.</p>			
<p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>1. players can score more points if they dribble past a defender before scoring</li> <li>2. players can move pitches when they score a goal creating overloads</li> </ol>			
<b>Review</b>			
<b>what went well</b>			
<b>Even better if</b>			
<b>Changes for next time</b>			