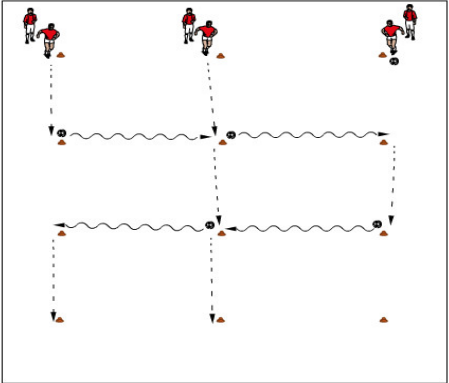
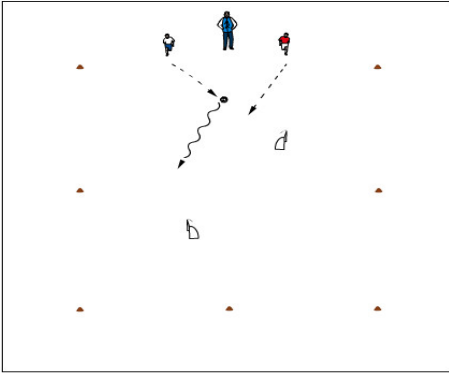
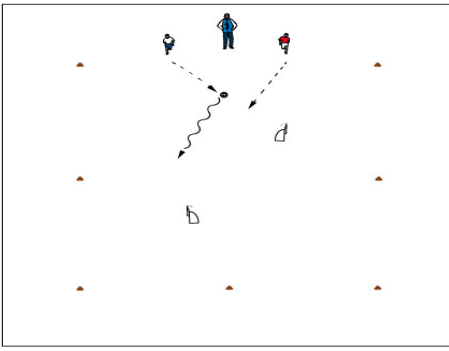
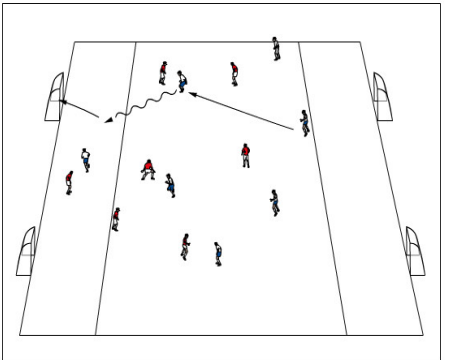


Coaches Name	David Broadhurst	Session Topic	Dribbling and Turning		
Date Produced			Time available		
Organization		Diagram		Coaching Points	
<p>12 cones placed in a grid with a 12 yard gap between cones.</p> <p>Players work in 3, dribble forward, across, forward, across, forward. Should end up at cone opposite from where they started.</p> <p>Coach to determine technical components of the dribble to ensure players warm up.</p>				<p>Lots of touches, ball under control, look up occasionally. Use one foot to dribble at speed.</p> <p>Ball always within touching distance.</p> <p>Sharp changes of direction, bend knees to ensure balanced position.</p> <p>Change feet when appropriate.</p>	
<p>24 x 24 yard area with two small goals placed on an angle facing opposite directions.</p> <p>Coach plays ball into area, players compete 1 v 1 for the ball trying to score in any of the two goals.</p> <p>Goals facing different directions encourages players to change direction.</p>				<p>Dribbling skills.</p> <p>Attack with speed, be positive.</p> <p>Take early opportunities to score, only need 1 yard to shoot/pass into goal.</p> <p>Sell moves, make them real.</p>	
<p>24 x 24 yard area with two small goals placed on an angle facing opposite directions.</p> <p>Coach plays ball into area, players compete 1 v 1 for the ball trying to score in any of the two goals.</p> <p>Now have 4 players enter for 2 v 2 play.</p>				<p>Repeat previous coaching points.</p> <p>Movement to create 1v1 situations.</p> <p>Decision making, when to pass and when to dribble.</p> <p>Communication with team mate.</p>	
<p>40 x 40 yard area with 4 small goals.</p> <p>Players can only score if they can dribble into the defined end zone.</p> <p>Cannot score from outside the end zone.</p> <p>Teams have two goals to attack.</p>				<p>Repeat all previous coaching points.</p>	