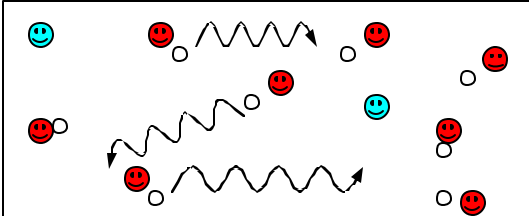
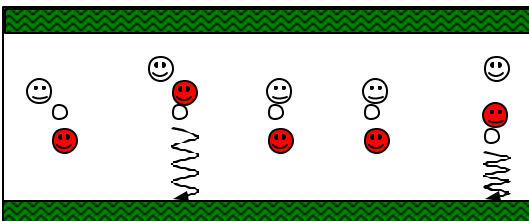
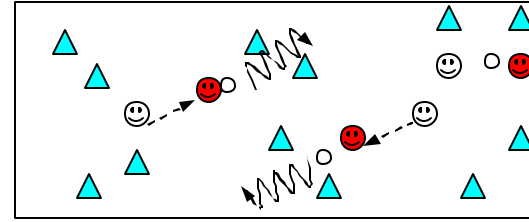
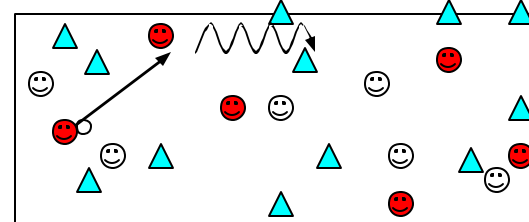





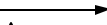





FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><b><i>Stuck in the Mud</i></b>            2 players without a ball dribble around trying to tag the players with a ball. If they get tagged the must stand still with the ball on their head and legs slightly apart. To be released their team mate must pass their ball through their legs so that they can dribble around again.</p>	<ul style="list-style-type: none"> <li>? Dribble looking forward, not at the ball</li> <li>? Use all parts of both feet</li> <li>? Keep the soccer ball at a comfortable distance away from yourself</li> <li>? Accelerate into space</li> <li>? Attempt Turns and Moves</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p> 	<p><b><i>Draw</i></b>            Players pair up, with a ball between two. One player is an attacker and the other a defender. They stand in the middle of the grid opposite each other, when the attacking player chooses to he/she must turn with the ball and dribble the ball back to the end zone before the defender catches them. If the defender catches them they must dribble to their zone. Always restart back in the middle</p>	<ul style="list-style-type: none"> <li>? Fake/ Disguise the turn</li> <li>? Accelerate away into space</li> <li>? Dribble across the defender shielding the ball</li> </ul>
<p align="center"><b>MATCH RELATED ACTIVITY</b></p> 	<p><b><i>1v1 Gates</i></b>            Players still work in pairs, but no can move all around the field instead of back and forth. Players score points for successfully dribbling through the small goals placed in the grid. Once they have been through one gate they must go through a different one before they can score any more points. If the defender wins the ball they become the attacker.</p>	<ul style="list-style-type: none"> <li>? Players are forced to play with their heads up</li> <li>? Do not force the play</li> <li>? Fake/ Disguise turns or moves to beat the opponent</li> <li>? Accelerate away from the defender</li> </ul>
<p align="center"><b>MATCH CONDITION ACTIVITY</b></p> 	<p><b><i>Team Gates</i></b>            Same as the game above but now there are two equal teams. Points are still only scored by successfully dribbling through a gate. A different gate must be used after being scored on. Players may pass to a team-mate if they are in a better opportunity of beating a defender and scoring. Also award points for successful turns or moves</p>	<p align="center"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li> = Attacking Players</li> <li> = Defensive Players</li> <li> = Dribble</li> <li> = Ball</li> <li> = End Zones</li> <li> = Pass</li> <li> = Cone</li> </ul>
<p align="center"><b>COOL DOWN</b></p>	<p>Players slowly dribble around. Then move around the grid without a ball doing jogging and stretching</p>	

