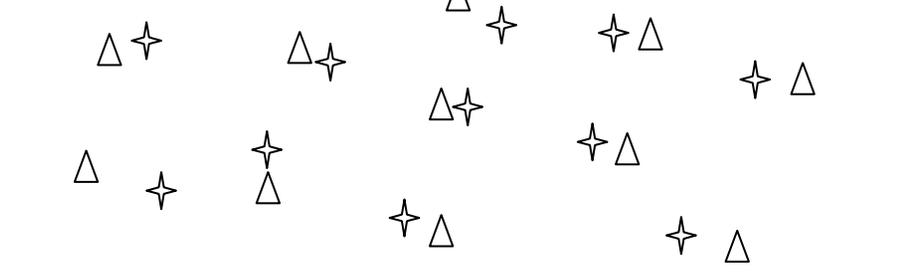
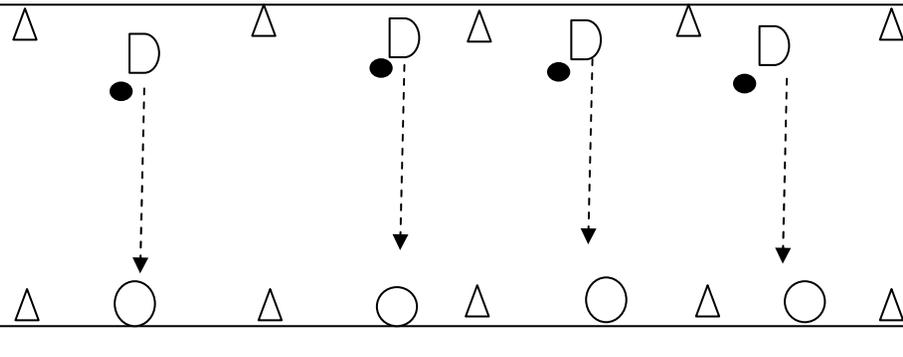
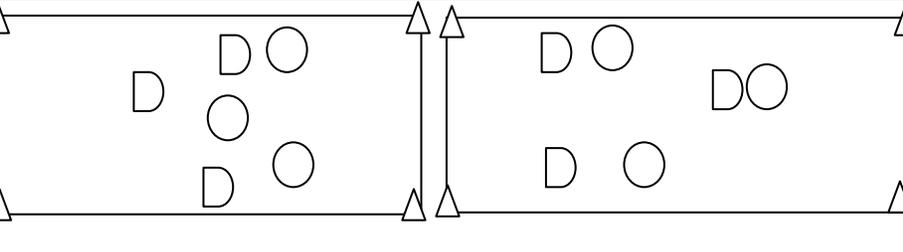
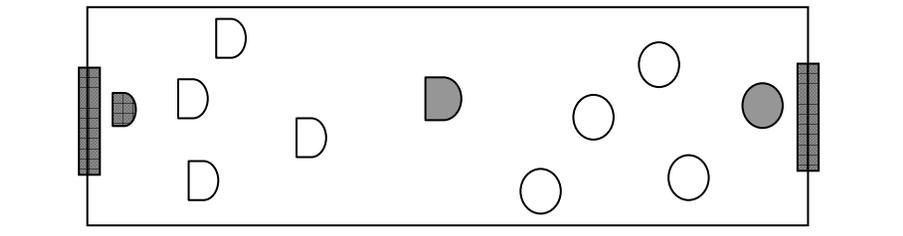


THEME OF PRACTICE: DRIBBLING with Defense incorporated.

Activity	Description	Diagram	Coaching Points
WARM-UP free space/cones/gates	Dynamic Stretching Each player has a cone which they will practice ball mastery moves to get past. Outside foot, pendulum, fake l/r, scissors, cut behind, inside/outside cut, etc... <b>Progression</b> add defender so off. Cannot get to the cone.		Head up Foot position close to ball. Keeping ball under control Using sole of foot, laces, and sides of foot. Body posture up
SSG	First start with 1v1 then progress to 2v1, using dribbling skills and showing proper defensive block/poke tackles. Defender will pass ball to offensive player then will try to get past defender. Can have field wide to start out then narrow field when experience to challenge player. <b>Area 15x15</b>		Head up Foot position close to ball. Keeping ball under control Using sole of foot, laces, and sides of foot. Body posture up
Expanded SSG	3v3 or 4v4 Must dribble forward to advance ball. Can only pass sideways or backwards (drop). To score ball must be dribbled past end line. <b>Field area for 3v3 30x25</b>		Head up Dribble ball close to feet body position on shielding support ball
SCRIMMAGE	8v8: Scrimmage U12 girls, or do 5 v 5. if we scrimmage ourselves then play 5v4 with goalie and use half field.		Remembering to dribble for possession Keeping head up Supporting ball

NOTES FROM PRACTICE: