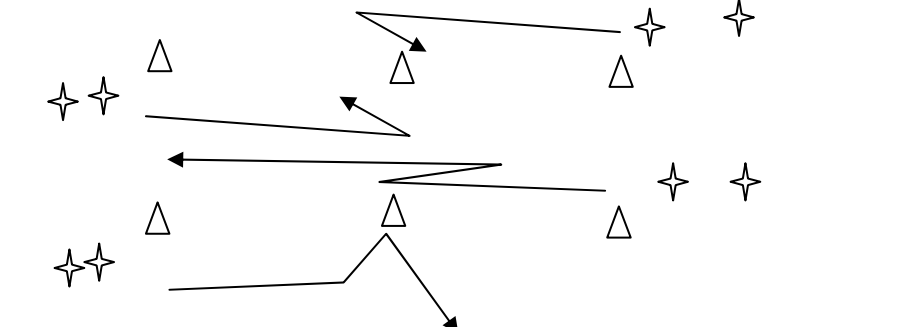
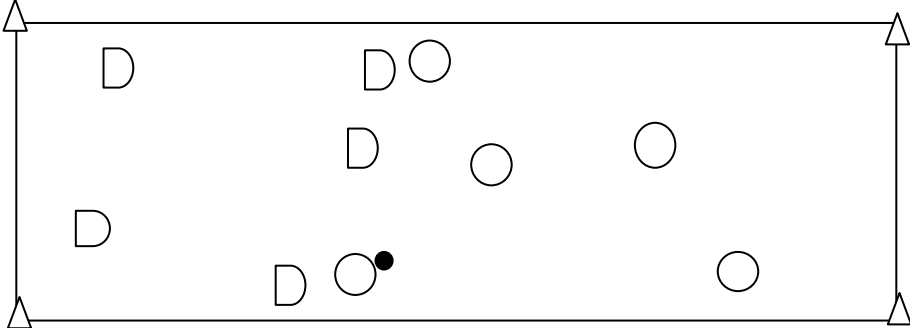
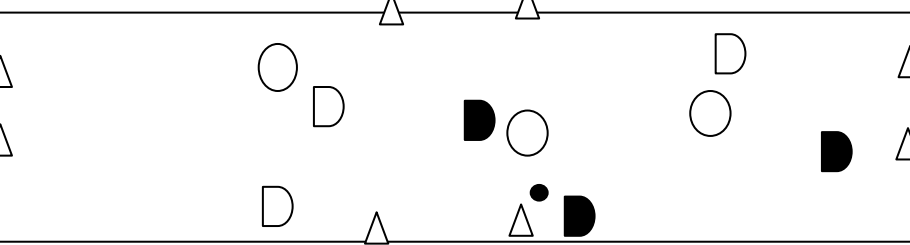
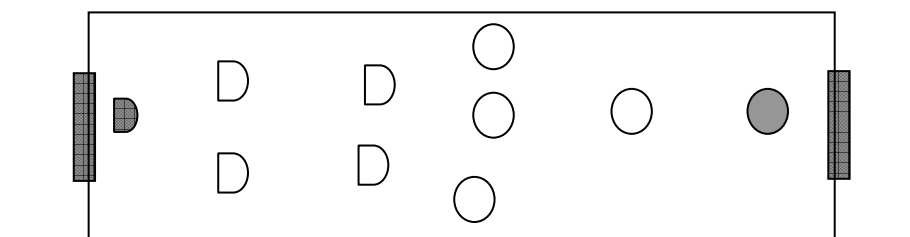


THEME OF PRACTICE: DRIBBLING(footskll mastery)

Activity	Description	Diagram	Coaching Points
WARM-UP free space/cones/gates	Footskills: Equal # of players to the right of each cone with about 2 sets or even 4 sets of cones.Players in continues motion. Practicing the Pull/push move to create space and then will practice the Drag/Push. Incorporate inside/outside cut, cyruff cut, stop go with variation..etc		Ball close to feet Using laces to move ball forward. Head up, and body in upright position.
SSG	Dribble forward only to go past the end line of your goal line. passing only to the sides and drop passes. Incorporate the drag/push, and other foot skills and pull push moves Field Size 40x30		Head up Foot postion at mid height on ball knees bent, ankle locked 90 degrees
Expanded SSG	3v3 or 4v4, 3 teams play. Can shot to only the 3 furthest goals. Incorporate drag/push and pull/push 5 extra points awared for doing footskills in combination with a score. Field size 30x25		Head up Body position on sheilding Support/Movement Footskill are a must, keep ball close
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 possesion Keeping head up Supporting ball

NOTES FROM PRACTICE: