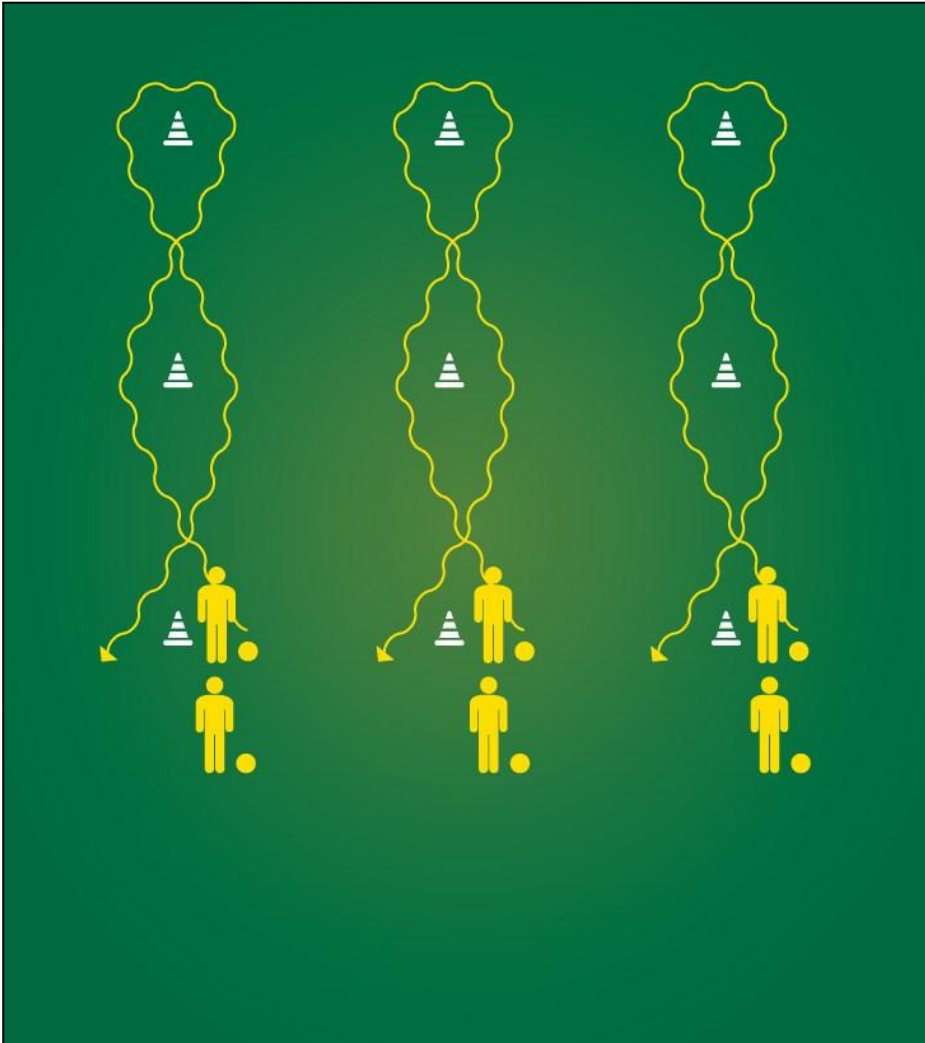


Discovery Phase – Running with the Ball – Session 3

Beginning (10 – 15 minutes): Figure 8 Relay



Each player starts with a ball, and dribbles around the first marker and then the second marker in a figure 8 type direction (as shown in the diagram)

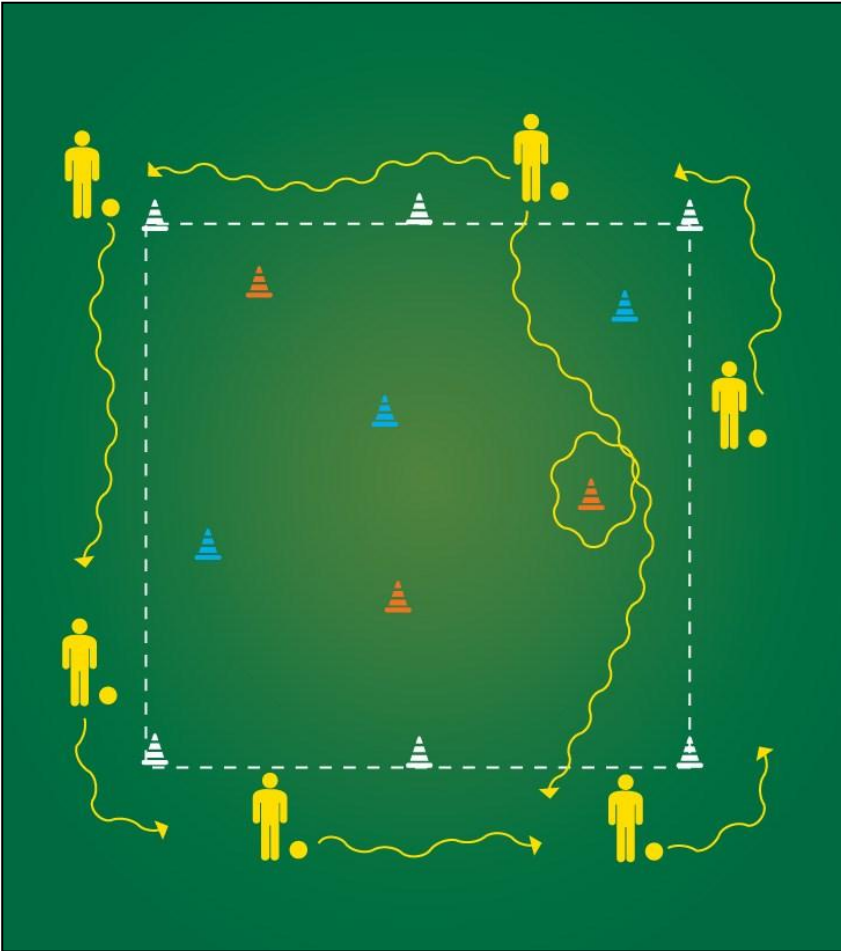
Upon returning to the starting point, the next player starts the same pattern with their own ball

Progression

- Players to use their right foot only
- Players to use their left foot only
- Players to use the inside of their foot only
- Players to use the outside of their foot only
- Each group to use one ball only, where the ball is exchanged at each end upon completing the figure 8

Discovery Phase – Running with the Ball – Session 3

Middle (10 – 15 minutes): Colour Code



This activity should be arranged in a square 15m x 15m and requires at least three cones of two or more colours placed randomly inside the square.

Players dribble their balls (same direction) around the outside perimeter of the area.

Call out a colour and the kids must dribble into the square, around the cone of that colour, and back outside the square. The winner is the first one back outside with their foot on their ball.

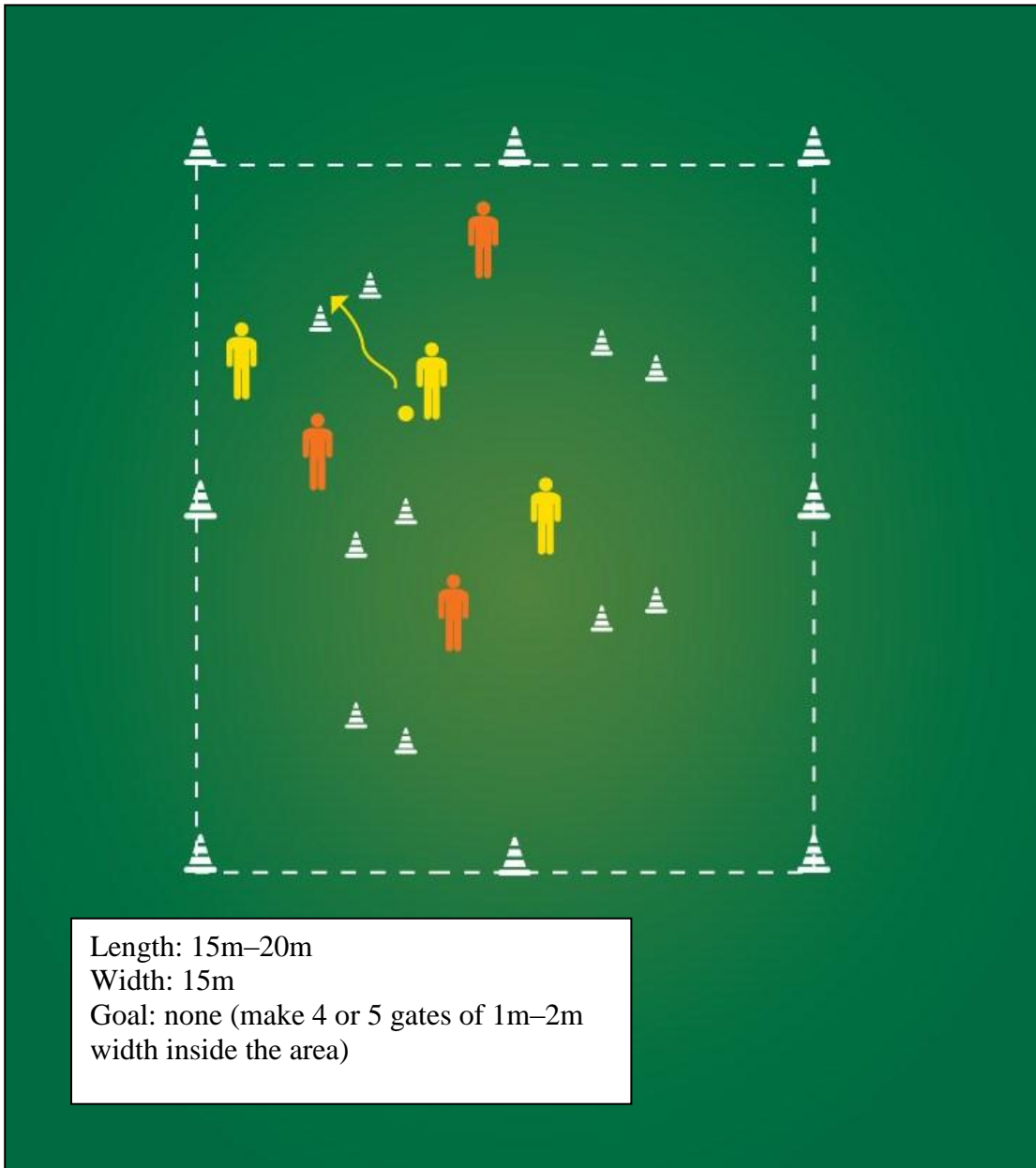
Remind players to keep their heads up and watch out for possible collisions.

Progression

- Round all cones of that colour
- Players to use their right foot only
- Players to use their left foot only
- Players to use the inside of their feet only
- Players to use the outside of their feet only

Discovery Phase – Running with the Ball – Session 3

End (20 minutes): Dribble to Score (3v3/4v4/5v5)



Notes on this exercise

This possession game encourages dribbling. To score a goal the ball is to be dribbled through any one of the gates (with these style of drills I'd suggest starting with having one more gate that you have pairs of players e.g. 5 gates for 8 players and C.H.A.N.G.E.I.T as necessary).

Players cannot score in the same gate consecutively (cannot go through a gate only to turn and dribble back through the same gate for a second goal).

No goalies. Use bibs / training vests to help distinguish teams. If odd number of players use a neutral vest and play a “joker” who assists the team in possession.