

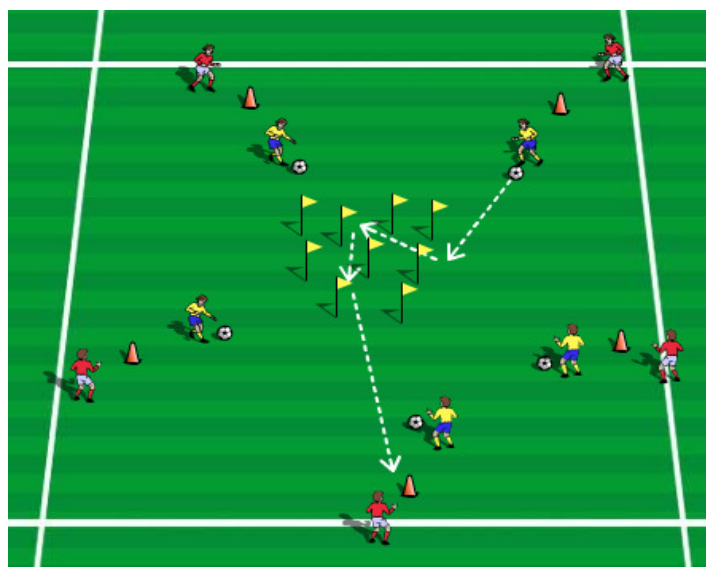
Theme: Dribbling and Passing Introductory Activities

Dribbling - Swedish

Set Up: 8 – 10 Flags (or cones) placed in middle area. 5 cones placed on perimeter 10 – 20 steps from flags with 2 - 3 players at each cone - 1 ball per group.

Objective: Players in yellow move with the ball and dribble randomly through the flags avoiding contact both flags and fellow Players before returning to exchange with Player in red. Progress to exchange with any free outside player.

Progression: Pass and lay / Take overs / 1 – 2's and repeat dribble - exchange 2nd time around / increase number of balls to increase intensity.

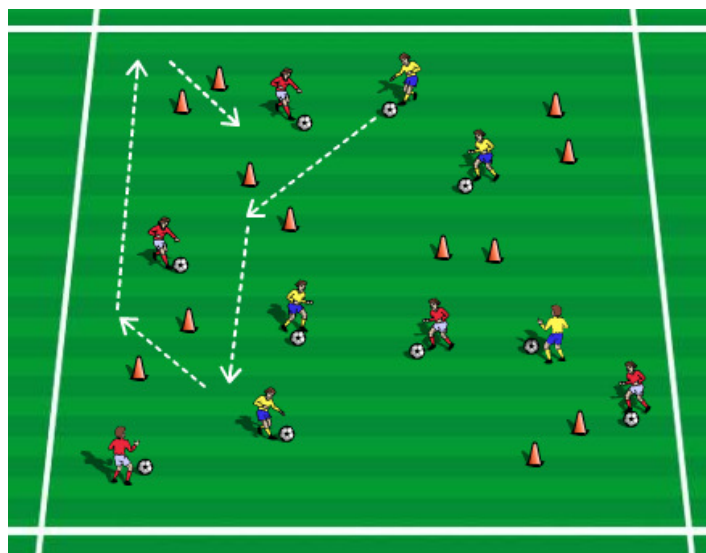


Dribbling Gates

Set Up: Place a set number of coloured gates randomly around the field. Split into two groups – 1 ball per Player.

Objective: Players dribble randomly through the gates. Continuously changing direction increase and reduce intensity on command.

Progression: Players dribble through gates in sequence i.e. red to blue to green to yellow / Change sequence / Maximum number of gate in a set time / Introduce 2 – 3 defenders to block off (not tackle) gates.



Passing in Sequence

Set Up: 2 groups of 5 Players within a 30 x 30 area. Number Players 1 to 5 (1 ball per group).

Objective: Players 1 passes to Player 2 who passes to Player 3 etc. Last Player in sequence passes back to Player 1 – repeat sequence.

Progression: Condition the surface the Player receives and then passes with / Reduce number of touches to increase tempo / Ball must always be passed back to schemer - rotate schemer.

