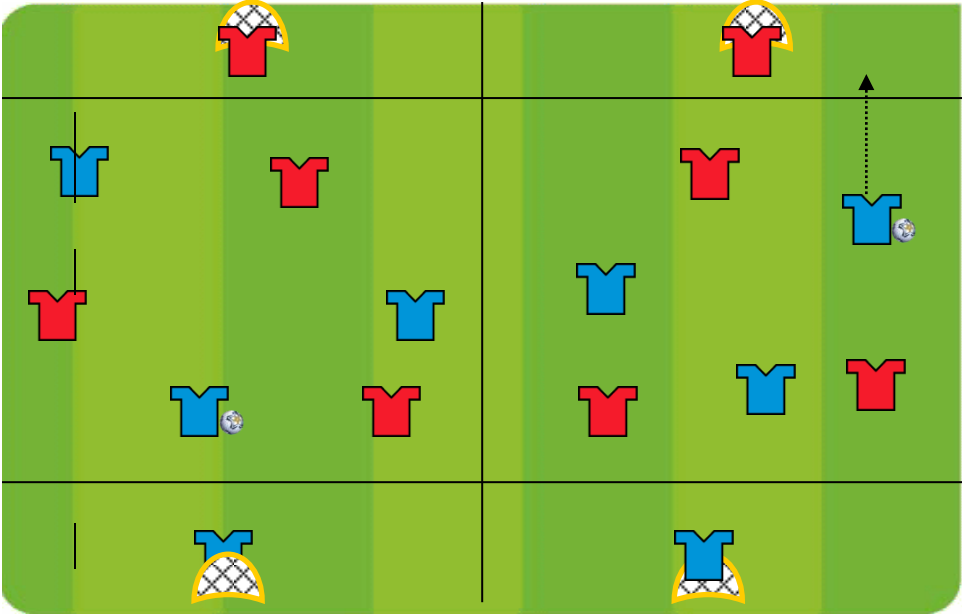
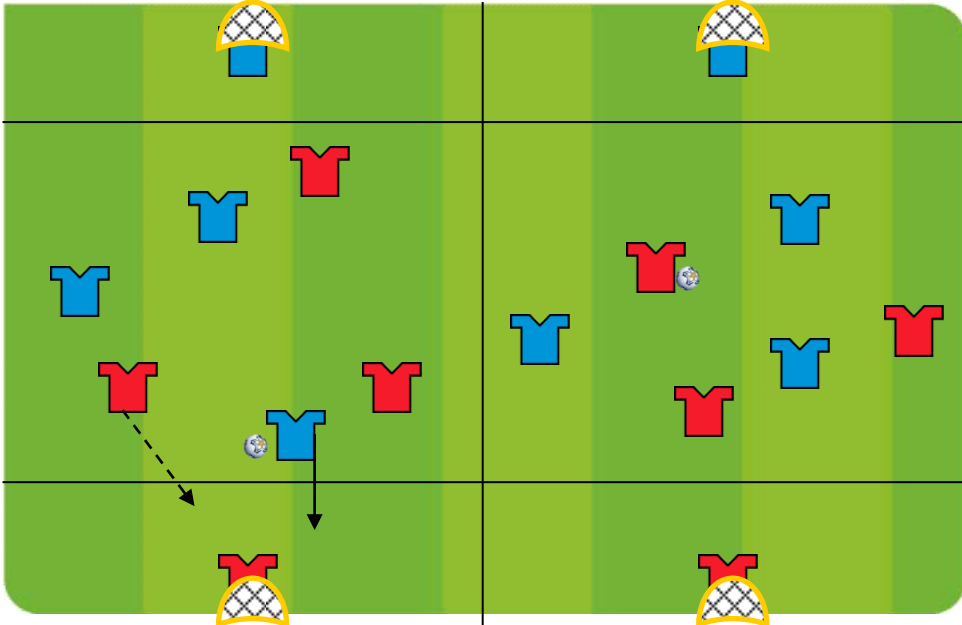


THEME: Dribble to score



KEY

- goal
- cone
- team 1
- team 2
- ball
- ball movement
- player movement



HOW TO PLAY

- Arrange players into blue and red teams and play 5x5 in both pitches (3x3 in central area plus GK's on each goal). Once they are playing if a blue player score on one pitch, he drops down to play for blue team on next pitch. This creates overloads on both pitches: 4x3. The goal count double if player dribbling the ball into the end zone and score. Every time the player scores on one pitch, they go to join their team on opposite pitch.

PROGRESSIONS

- When team scores by dribbling to the end zone two players go to join their team on opposite pitch
- Since player dribble into an end zone, only GK can stop that player from scoring
- Since player dribble into end zone, one opposition player is allowed to move there to stop him from scoring

DECISIONS AND CHALLENGES WITHIN THE GAME

- Recognise opportunity to dribble
- Constant repetition of basic technique: dribbling
- Recognise and exploit space before executed dribbling
- Improve perception, awareness to be in position which allowed to dribble the ball
- Recognise when to dribble forward

<ul style="list-style-type: none"> ● Improve dribbling ● Improve ball control 	<ul style="list-style-type: none"> ● Develop perception and anticipation ● Improve mind memory
<ul style="list-style-type: none"> ● Develop changing direction ● Improve coordination 	<ul style="list-style-type: none"> ● Learning from others ● Improve self-centre approach (society perception)