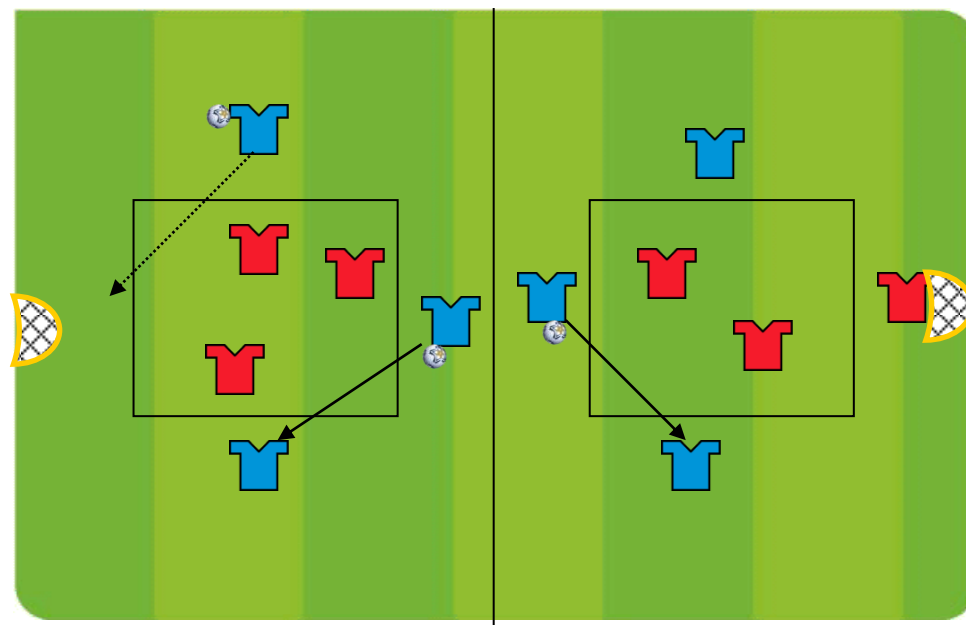
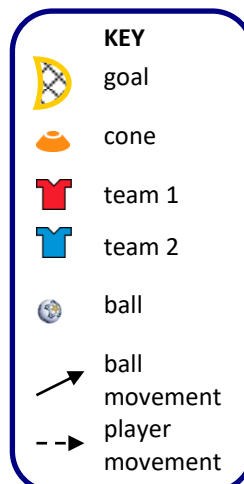
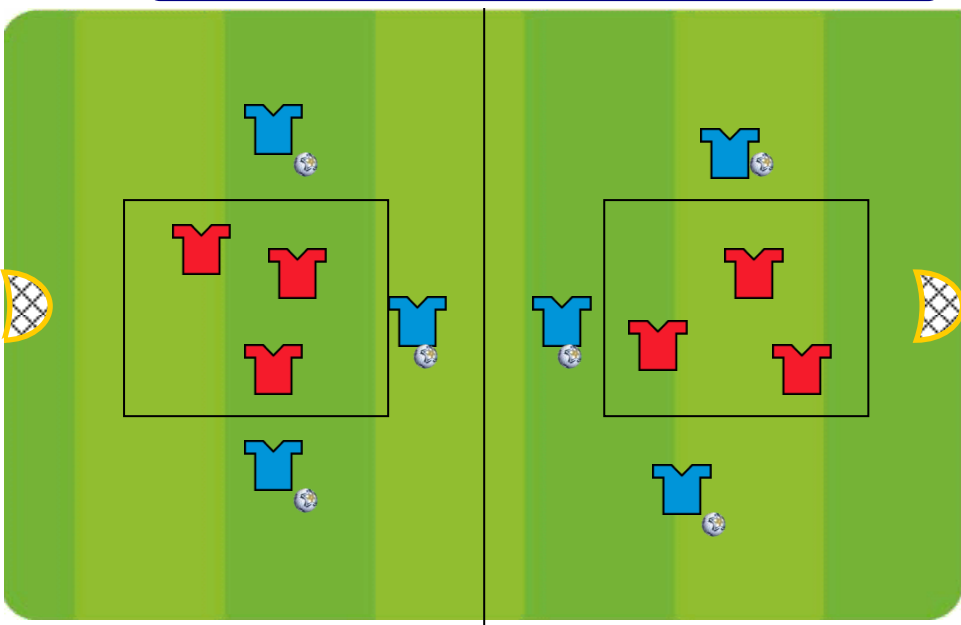


THEME: When to dribble-when to pass



HOW TO PLAY

- The pitch divided into 2 halves with a square placed in each half. The “blues” try to dribble across the square defend by “reds”. If successful award a point. When any “red” won the ball try to dribble outside the square and score on goal. “Blue” which lost the ball became a supportive player to whom other two can pass the ball. Reds can only defend inside the square.
- Optional: The blues may start off the ball and try to run across the square defend by reds.

PROGRESSIONS

- “Blues” starts with two footballs to increase opportunities for decision: dribble or pass
- Play 3x2 +1 GK. Blues try to dribble or pass through out the square to score. If any Red won the ball inside the square, only one blue player is allowed to enter the box to win the ball back (2x1). Reds award a point by pass to their own GK
- Play 3x3 (set up individual challenges)

DECISIONS AND CHALLENGES WITHIN THE GAME

- Recognise opportunity to dribble or pass-when?
- Constant repetition of basic technique: dribbling and passing
- Recognise and exploit space while dribbling and receiving a pass
- Improve perception (speed of thinking) to choose better options: dribble or pass

- Improve dribbling
- Improve passing
- Improve ball control

- Develop perception and anticipation
- Improve mind memory

- Develop changing direction
- Improve coordination

- Learning from others
- Improve self-centre approach (society perception)

