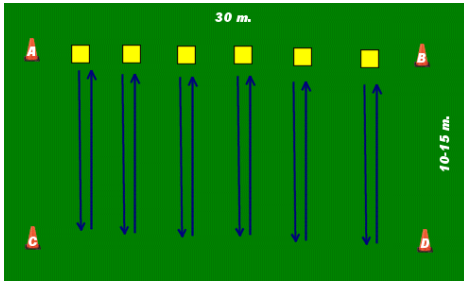


Warm Up

Small square, many touches - Timed taps/foundation (# in 30 seconds) dribble, better the number
Partners - wickets game

Dribbling game - fakes



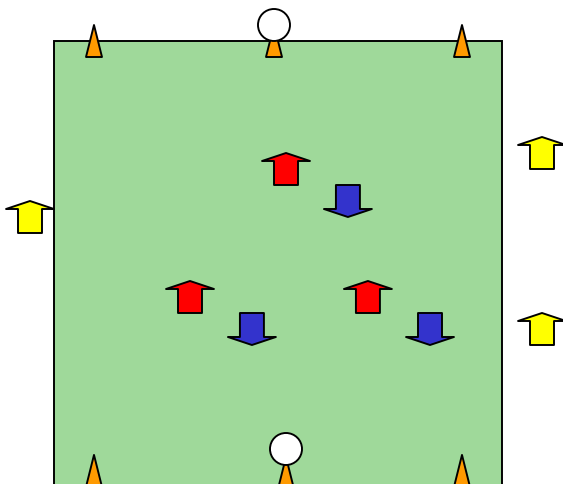
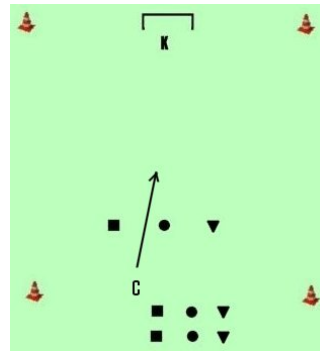
- Every player has a ball and everybody positions himself on the line between cones A and B.
- The players received homework from the coach to think of a fake move to beat an opponent and try this one at home.
- One player can show his fake move and then the other players have to try this one too. They dribble from line AB to line CD and back again. In every dribble they practice the fake move once.
- After six tries, the coach decides if they practice the same fake move again or if we move on to the next fake move.
- Some players did the scissor, other players tried to lift the ball over their head (see photo's)
- You can do this exercise for approximately 10 minutes

Review shielding the ball

Toss, trap and shield in pairs - 10 seconds - 15 seconds to hold

Half Field.

- A group of three players step out. Coach serves the ball.
- Whoever gets to the ball first becomes the attacker, looking to take on the two defenders and go to goal.
- If one of the two defenders wins the ball, then that player looks to go to goal.
- It is always a 1 versus 2 situation.



Timed scrimmage

"King of the court" 3 minutes hard charging

Most goals stay - OR - new team stays on