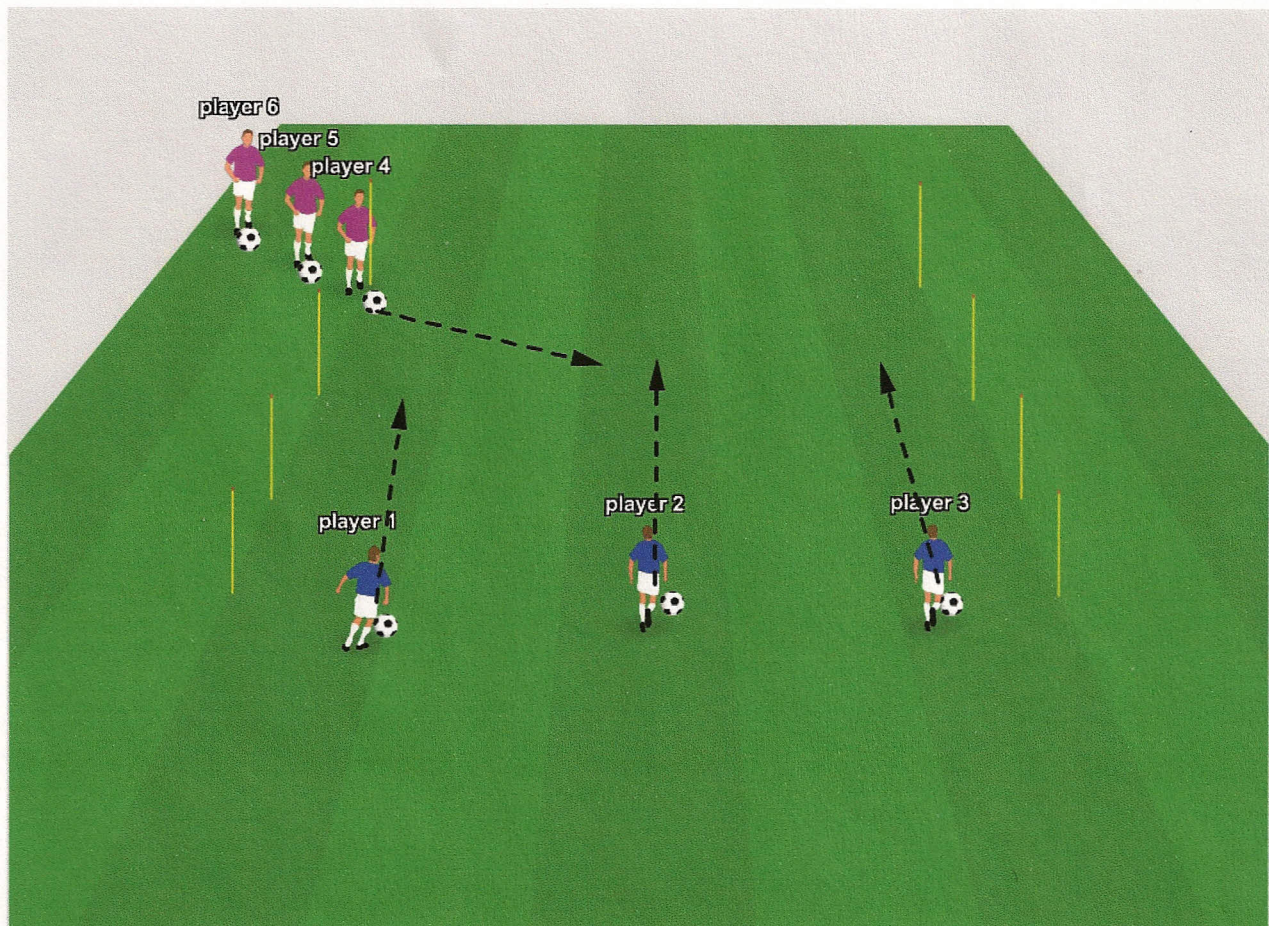


Magic Academy-Dribbling



Date:	4-25-09	Measurement:	15 x 20
Time:	10am	Players:	6-8
Duration:	15 minutes	Level/Age Group:	9-11

Description: Split the group in to two. One group will dribble up and down as quickly as they can while the other group will zig zag in between the poles at the same time the opposite group is working. Work for one minute then

Objective: To get the players to be aware of space and build confidence on the ball while players are moving in different directions.

Coaching Points: Keep the ball under close control at all times. Utilize all surfaces of the foot to change the direction of the ball. Keep eyes on and off the ball. On the ball for confidence. Off the ball for observation.

Progression: Work with weaker foot. Count number of lengths team complete.