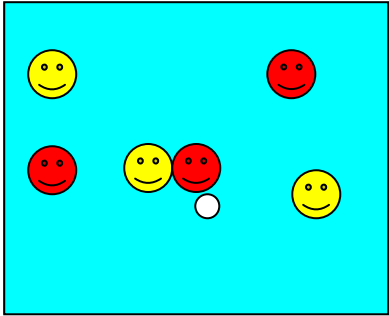
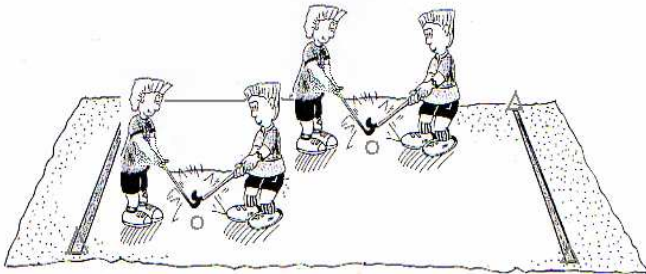
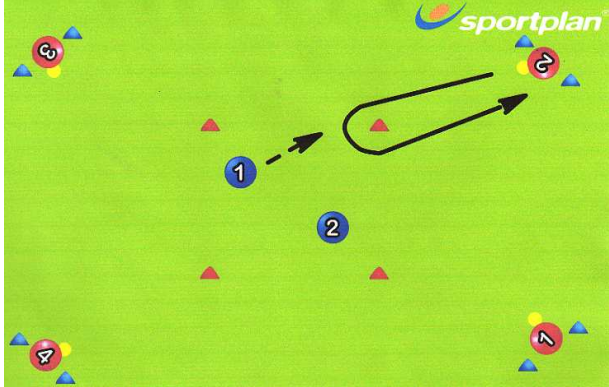


<p>Warm up</p> <p>Organisation:</p> <ul style="list-style-type: none"> Group of 6: divide in 2 teams: in a playing area approximately 8mx8m players must pass the ball to each other 1 point for the team which successfully pass 6 time 	
<p>Drill 1 “The Bully”</p> <p><i>What is a Bully:</i> Two players stand face on with sticks on ground and ball in the middle between the sticks, the sticks are raised once to tap each other and then an attempt is made at playing the ball to pass it to a team member or dribble it themselves.</p> <p>1 VS 1</p> <ul style="list-style-type: none"> After the bully each player attempt to score by dribbling the ball into his goal 	
<p>Drill 2</p> <p>Aim :, Defence Awareness</p> <p>Coaching Points</p> <ul style="list-style-type: none"> - Attackers - Use vision to see when defenders have moved away from their nearest cone. - Defenders - Be aware of where the attackers are in relation to distance from the red middle cones <p>Description</p> <p>Setup the practice as show.</p> <p>Attackers (Red Players) have to try and dribble around one of the red cones in the middle and go back through their gate before being tackled by one of the defenders.</p> <p>The defenders are allowed to move anywhere to try and tackle the attackers.</p>	
<p>Game 3Vs 3</p>	