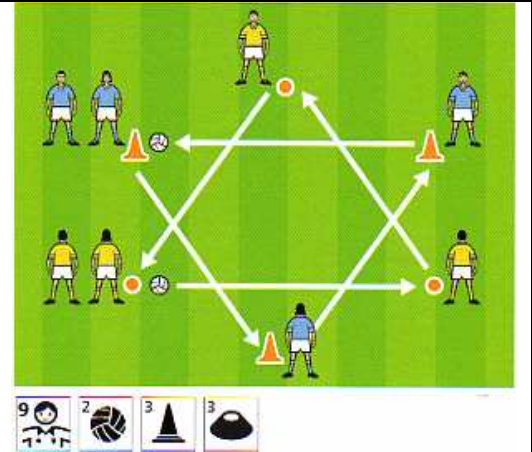


WARM UP: "Six Star Drill" (Punt Kick)

ORGANISATION:

- 3 Group of 9: :2 balls
- Place 3 cones and 3 markers as shown to make 2 overlapping triangles
- 4/5 players play each triangle;2/3 at one cone/marker,the first with a ball,and 1 at each of the other cones/markers
- The player in possession passes the ball to the player on the second cone/marker to their right
- They in turn receive the ball before turning to pass to the player on the second cone/marker to their right,and so on
- Each player follows their pass to take position at the far cone/marker
- The receiving player should move forward into the ball as it approaches



DRILL 1:"GRID BLOCK"

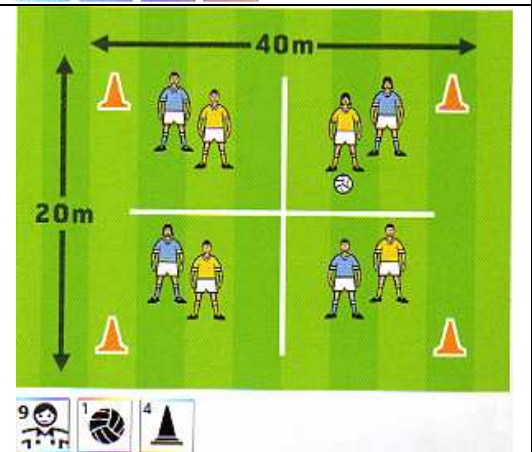
PRACTICE THE BLOCK DOWN TECHNIQUE 1 VS 1 AND THEN...

ORGANISATION: Mark out a grid approximately : 30m x20m

- Divide the grid into 4 sections
- Divide the players into 2 teams & 1 referee ;1 player per section
- The player attempt to retain possession by kicking the ball from section to section
- The opposing team attemptto block the kick attempts
- If the kick is successful,that team must be allowed to retain possession
- 1 point for the team which retain the ball during 1 minute

Variation:

Initially the ball must be passed either clockwise;as the players progress,the ball is allowed to be played any direction



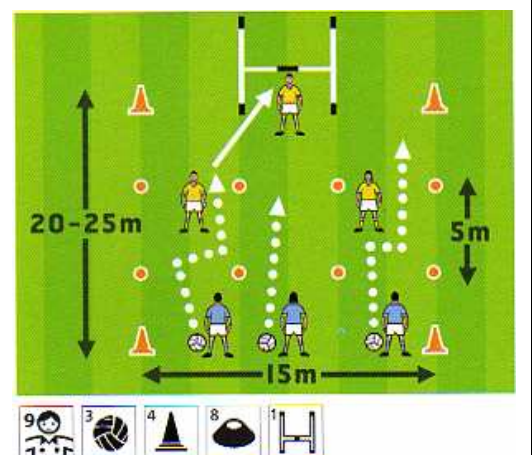
DRILL 2 : SIDE STEP,BOUNCE & SCORE

PRACTICE THE SIDE STEP TECHNIQUE 1 VS 1 AND THEN...

ORGANISATION:

- Mark out a grid 20-25mx15m:matka zone approximately 5m wide across the centre of the grid.Place goalposts at one end
- 3 attacking players are positioned in the centre zone and a goalkeeper in goals
- The outer players must run forward together and run through the centre zone
- To pass a defending players the attackers use THE SIDE STEP technique,bouncing the ball with outside hand as they pass.This is followed by a shot on goal
- The defending palyers may move right and left BUT may not tackle the attacking players or the ball

Variation: As the attacking players progress increase the opposition provides by the defending players



GAME : PLAYING THE GAME.

ORGANISATION:

- 6/7 vs 6/7 :1 goal keeper,2 defenders,1 midfielders,and 2/3 attackers
- Play starts with a throw-in between 2 players from each team in the middle of the field
- The ball may be caught in the hands and played away by kicking it or striking it with the fist
- The ball may be carried for 4 steps before bouncing or toe tapping it
- A player who is fouled takes the free kick and when an opponent fouls the ball (e.g : overcarries it)the player nearest to the ball takes the free

Scoring: -1point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

