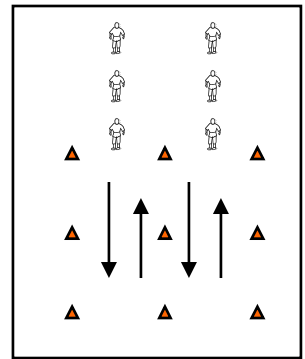


# Skills School Practice Plan 1 (November 1 - 7)

## Beginner Level

### 1. Dribbling Practice in Lanes – Combination – Attacking Moves and Reverse Moves

Set up lanes as shown on right. In each lane there is a line of players (fewer players = more touches). The first player in line dribbles forward to the middle of the cones, executes an attacking move, continues to dribble to the end of the cones, executes a reverse move, dribbles back to the middle of the cones, executes a second attacking move and then passes the ball to the next player in line who repeats the exercise. After passing the ball each player moves to the side of the lane and returns to the back of the line.



Variation: Put a coach or place a cone in the middle of the lane to dribble around.

Moves for today's practice: **Inside Cut, Inside/Outside Cut Same Foot, Dribble with Instep, Pull Back and Turn, WA.**

### 2. Freeze Tag

Players move about dribbling within a grid about 20 x 20 yards. One to three players enter the grid and try to tag each player with a ball. Once a player is tagged he/she must remain in place (frozen) until the game is over or until they are "released" by another player with a ball. A frozen player is "released" by having the ball of another player passed between his/her legs. The game ends when all players are frozen or the end of a time limit.

Notes: tagged players should get their ball and return to the place they were tagged. Tagged players hold their ball until they are released. Players with a ball are not permitted to run away from their ball in order to avoid being tagged, i.e.. they must continue to dribble.



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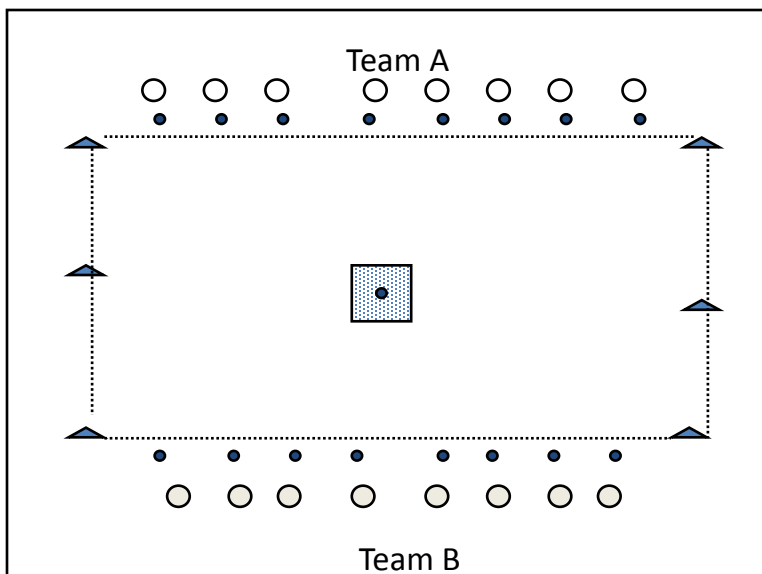
## Beginner Level

### 3. Practice the Push Pass

#### A. without a ball:

- Lift one leg, pull back, turn the foot sideways, move foot forward.
- Swing leg back, forward, back, and forward again.
- Same as B but step on forward foot.

#### B. With a ball and a partner.



### 4. BALL IN A BAG

Two teams of players each with a ball at opposite ends of a small grid (10x10) or (5x5 for U8 players). A ball (or two) inside a ball bag is placed in the middle of the grid. Each player kicks his/her ball in order to hit and move the ball bag to the opposite end of the grid. Play continues until the ball in the bag crosses the line or to a time limit. Players may enter the grid to retrieve a ball but must take all kicks outside of the grid. Play one round with strong foot kicking and one round with weak foot kicking.

### 5. Finish the practice with small sided games ( 3 vs. 3 or 4 vs. 4)