



Learn to Train Creative Movement



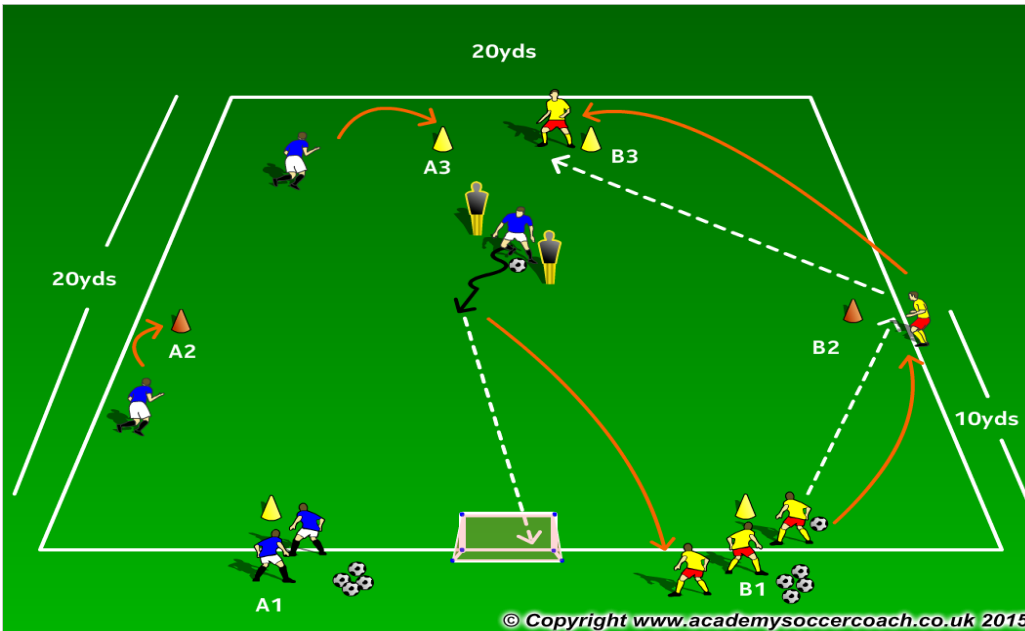
Time frame. 15 minutes

Emphasis:

Creativity

Running with the ball

Dribbling



Organization: 20x20 yard area. 1 net positioned on 1 end. A1 & B1 starting positions beside net, A2 & B2 positioned at the edge of the area around halfway mark (10 yards), A3 and B3 positioned at the top of the playing area. 2 manikins are positioned between A3/B3 and the target net.

Procedure: A1 passes to A2, A2 passes to A3, A3 dribbles through the manikins and finishes on goal. All players follow their pass. Once A3 receives the pass from A2 then B1 plays to B2.

Players switch lines after each rotation.

Progression: #1- Players are given 5 seconds (can be adjusted) from when they receive at A/B3 to score.

#2- Once A/B2 plays A/B3 they become the recovering defender who must sprint around the pylon at A/B3 and attempt to catch player going to goal.

Psychological

Safety
Creativity
Problem Solving
Confidence
Problem solving

Technical

Dribbling
Running with the ball
Shooting
Passing & Receiving

Physical

Balance
Running (speed)
Change of Direction
Coordination

Social

Communicating
Competition
Listening
FUN