

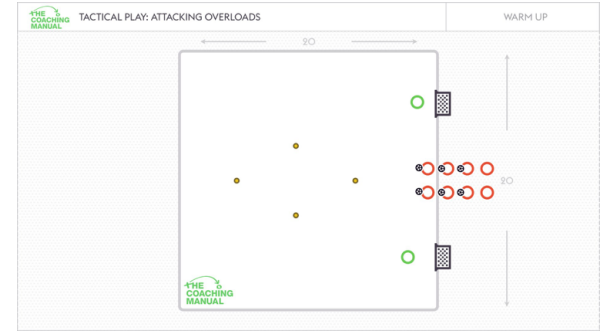
## Ball Mastery and Dribbling Warm Up

Written by James Baxter

10 mins      8 players      8 balls      12 cones      20x20 area

### Key Coaching Points

- Fundamental movements
- Ball manipulation skills, tricks, turns & feints
- Skills to beat defender and finish



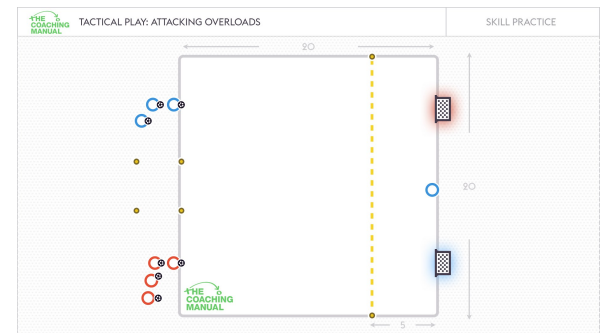
## Running with the Ball Skill Practice

Written by James Baxter

15 mins      8 players      4 balls      4 bibs      12 cones  
20x20 area

### Key Coaching Points

- Accelerate and exploit the space
- Changes of speed and direction
- Skills to beat defender and finish



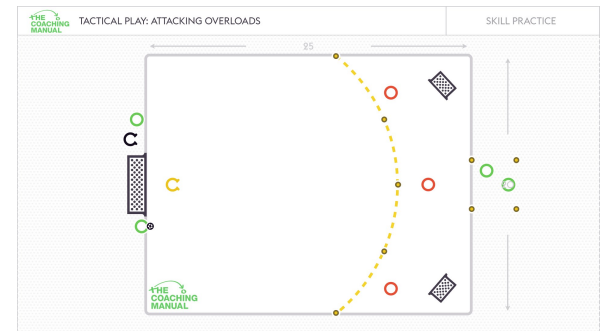
## Attacking Overloads 3v2 Skill Practice

Written by James Baxter

15 mins      8 players      5 balls      8 bibs      16 cones  
25x20 area

### Key Coaching Points

- Play quickly to exploit the overload
- Create space to combine and attack
- Awareness of ball, space, team mates and defenders



## 3v2 and 2v1 Attacking Overloads to Finish Small Sided Game

Written by James Baxter

15 mins      9 players      4 balls      9 bibs      16 cones  
25x20 area

## Key Coaching Points

- Play quickly to exploit the overload
- Create space to combine & attack
- Awareness of ball, space, team mates & defenders

