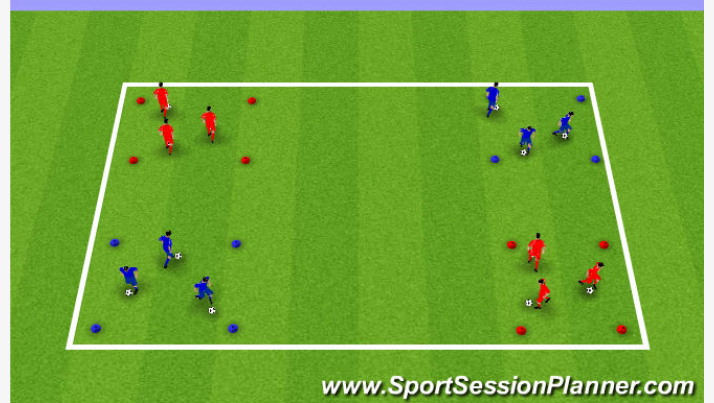


## Four corners (20 mins)

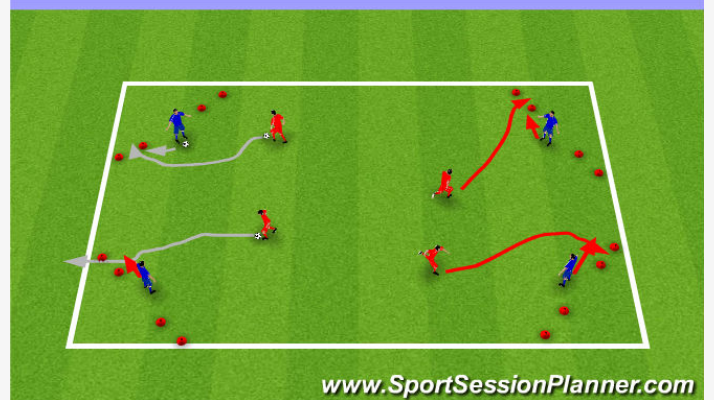
Split players over four corner boxes, have them dribble around using different parts of the feet (insides only, soles only, inside and outsides, Laces). If the coach calls "1" have the players switch with the box closest to them. If the coach calls "2" have the players switch with the box furthest to them. If the coach calls "3" have the players switch with the box diagonally from them.

Key points: Small touches, Head up, on toes/heels off the floor, knees bent



## Prison break (20 mins)

Prison break - Blue players are guards of the prison gates. 1 player covers 2 gates. The reds must run through the gates to escape the prison without the guard tagging them. Progression1) Give guards and prisoners a ball, guards still trying to tag. Progression2) Give the prisoners a ball but not guards. Guards now tackle which allows them to switch if they win the ball.



## Magic box (20 mins)

The Magic box - Players dribble inside the red box using different parts of their feet. When they recognise there is space in the blue ("magic") box, they dribble into the box. They must leave through the left or right hand side of the box, changing direction in the box. Have them use different skills (fake and take, scissor, ronaldo chop) to change direction. Progression1) add a defender to the magic box, players score a point if they can successfully get through the box.



## Turning game (20 mins)

Turning game - Players start in the home end (behind red cones) they can choose how far up the ladder they want to go, getting points for each step they take (Blue=1, yellow=2, black=3). 1 defender guards each line and tries to tag any players that cross their line (both forward and back). If they tag someone, they switch with that player. First to 15 points wins. Progression1) Give everyone a ball, defenders included. Progression2) take defenders ball away and they now tackle

