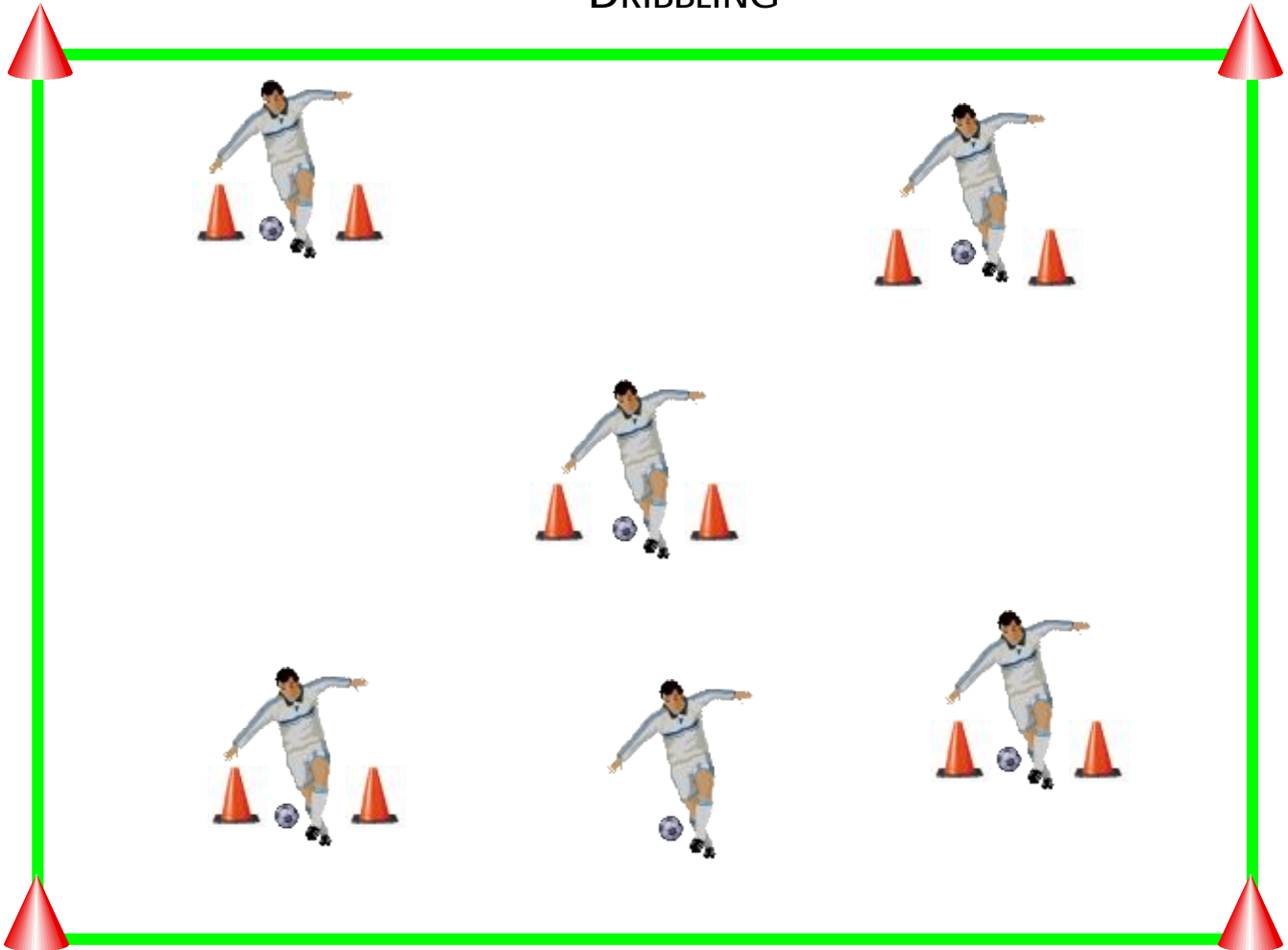


OPTUS SMALL SIDED FOOTBALL TRAINING EXERCISES

DRIBBLING



Mark an area which caters for the number of players participating. i.e. 15m x 15m. Set up smaller goals inside the playing area approx 1.5m wide. There needs to be one less goal compared to players. i.e. 6 players with only 5 goals. Each player has a ball. Players dribble inside the marked area in any direction, keeping out of the goals. Coaching points could include different techniques (ways) of dribbling i.e. shoe lace, outside of boot, inside of boot, keeping your head up. The coach then gives a visual signal i.e. raised hand, where by all players need to dribble at speed to a designated small goal and stop the ball dead in between the goals. All players who are occupying a goal receive a point. One player will not have a goal. After ten attempts, see who has collected the most points. **VARIATION:** Add a defender who can kick the players' balls away.