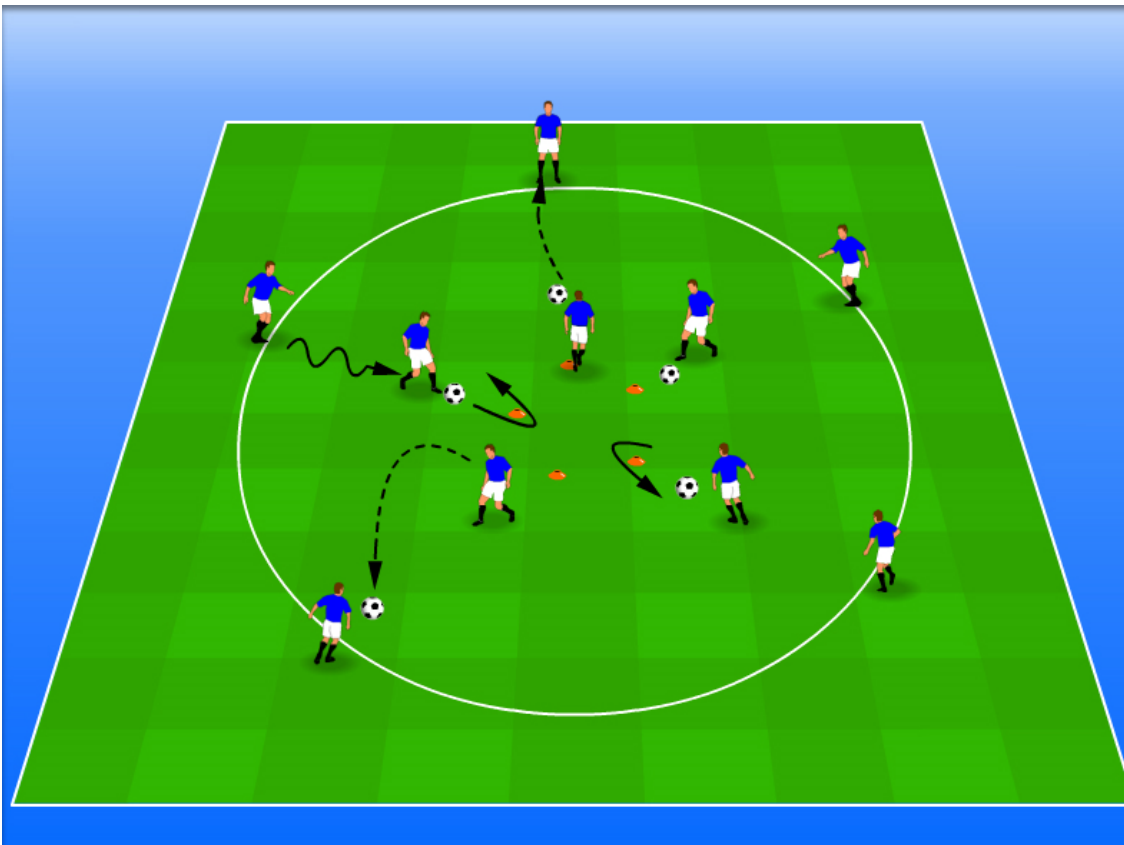


Date: 23/Aug/2017 **Duration:** N/A
Time: N/A **Age/Level:** U5 - U10

Session: Work on multiple skills.
Objective:

Skill Circle (1)

Skill Circle (1)



Description: Players are in pairs. (Can be 3 players) One partner will dribble to the middle circle made with cones and do a turn. Then pick up the ball to practice throw in by throwing to their partner. The player waiting can trap the ball or work on their first touch to dribble. The process is repeated by all. Play by time or a number of turns.

Coaching Points: *Get in line with the ball. *Soft touch to allow the ball to keep from bouncing but enough touch to get the ball out from under the hips. *Dribbling with eyes ahead of the ball to see both where the player is going and also the ball. *Lower body when turning. For throw-in technique, both hands hold the ball and ball is behind the head to start. Throw hands forward and release the ball as hands pass the hairline. Use ab strength to get more power.