

**Date:** 23/Aug/2017

**Duration:** N/A

**Time:** N/A

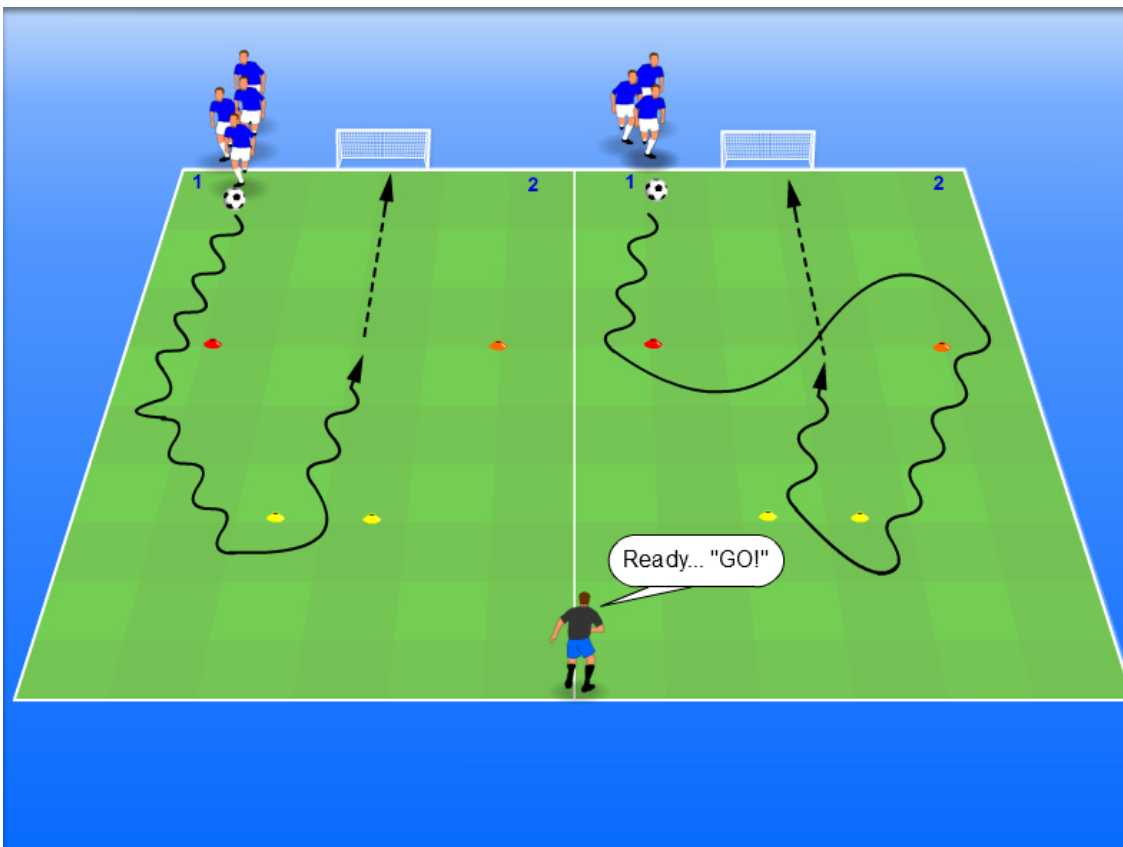
**Age/Level:** U5 - U10

**Session** Dribbling with speed. Controlling the ball on

**Objective:** turns. Shooting.

## Relay Race Ideas 1

### Relay Race To Goal



#### Description:

Relay Races - Create an area that has two identical set ups. Use a goal for shooting to score goals. Image shows two areas. (Two different patterns are just examples) Both sides will have players lined up on the same side. Create slalom movements with gates. Some examples. 1.) Players dribble straight down around the cone and through the gate. Then straight to shoot at the goal. 2.) Players dribble straight down between the gates and around the outside cone. (This is different in two ways. Sharper first turn and also a shot on goal at an angle)

#### Coaching Points:

Bigger space, big touch on the ball to allow faster running. Tight turns players need to lower body for balance and dribble the ball a little closer.