

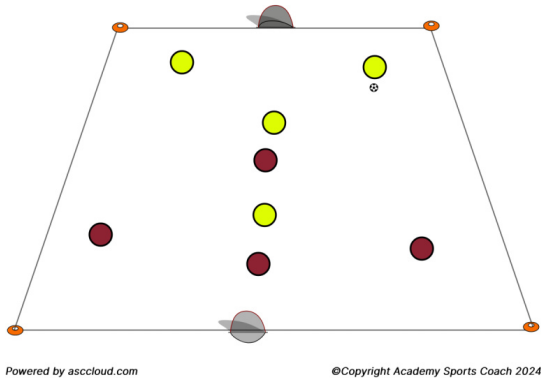
Select a Date

Week 1 - Grade 1 Clinic

Select team

Theme: Dribbling & Running With the Ball

Time:80 minutes



Intentional Free Play

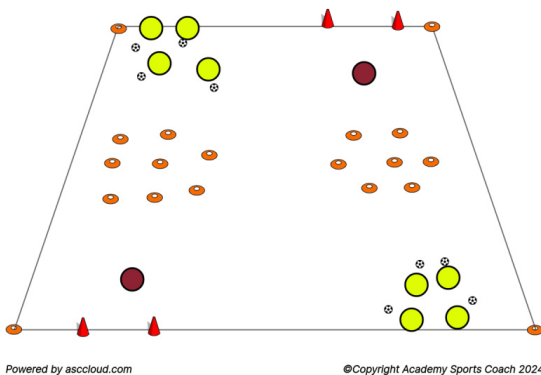
OBJECTIVE:

As players arrive, put them into an intentional free play game. This will get players engaged immediately with no coaching input.

ORGANIZATION: 10 minutes

As players arrive split them into 2 teams. It can start as small as a 1v1, to 2v1 to 2v2 etc. You can play to pugg nets or you can play to end zones. Be creative but there is no coaching during this phase.

COACHING POINTS:



OBJECTIVE: Relay Race where players are dribbling through the cones and have to beat a defender to score in the tall cones. The team with the most number of goals at the end wins.

ORGANIZATION: 15 minutes

Each player has a ball.

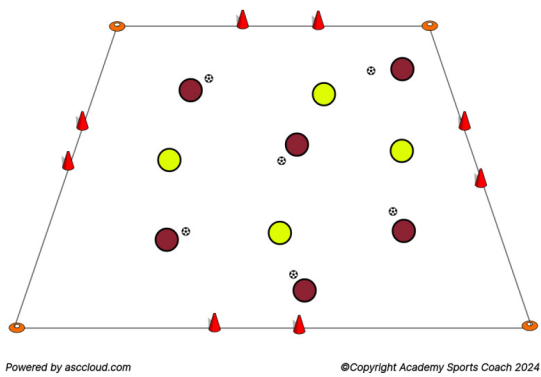
Set up two tall cones as the goals at either end of the field (the teams are going the opposite way).

Scatter cones half way between the goal and where the players begin, acting as the dribbling zone.

Players gather at the opposite end of their goal, one coach with each team.

COACHING POINTS:

Head up when dribbling, small touches when moving through the cones. Bigger touch to beat the defender and move towards goal.



OBJECTIVE: Players are trying to dribble through as many goals without their ball being stolen by the defenders.

ORGANIZATION: 15 minutes

Set up four goals using tall cones on each side of the area.

Choose 3-4 defenders, the remaining players have a ball.

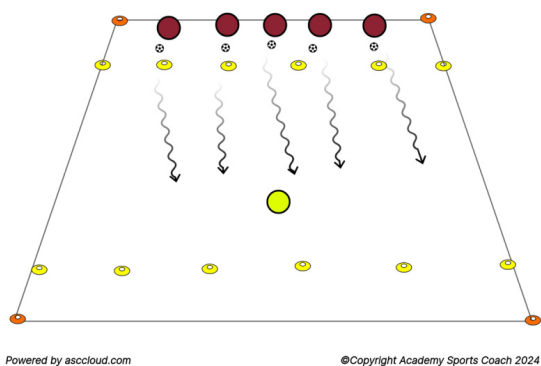
Players try and dribble through the goals and come back into the area without the ball being taken from the defender.

If the defender wins the ball, they then become the attacker and switch.

COACHING POINTS:

Close control of the ball whilst dribbling.

How can we avoid defenders? Can we use different turns and change direction to move to another goal.



OBJECTIVE: Players have to dribble their ball into the end zone without getting caught by the shark.

ORGANIZATION:10 minutes

Each player with a ball.

Choose one player to be the shark. The minnows have to dribble the ball into the end zone without getting their ball stolen by the shark.

If the shark steals the ball, the minnow then joins them and becomes the shark.

The last player standing is the winner.

COACHING POINTS:

Bigger touches if we have space in front of you, smaller touches if there is a shark in front of you.