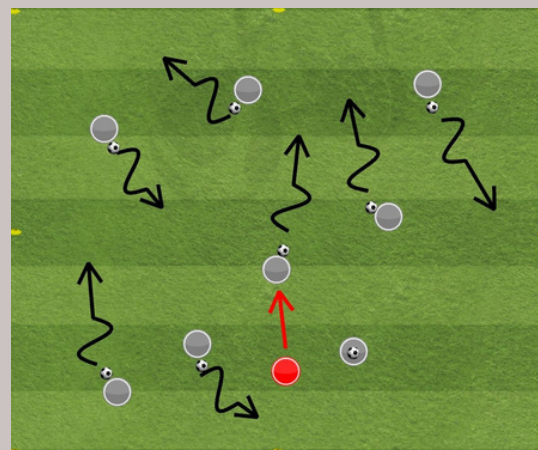


**Warm Up (15 minutes)****Set Up:** 20 X 20 area.**Equipment:** Cones, Balls, Bibs.

All players have a soccer ball, apart from any taggers. Players with soccer balls must dribble around the area avoiding the taggers, if they are tagged, they then must stop and raise the ball high above their heads with their feet wide apart, allowing other players to play their ball through, freeing the stuck player.

**Progressions:** Introduce more than one tagger. Have tagger dribble and attempt to tag player using their soccer ball; soccer ball to soccer ball.

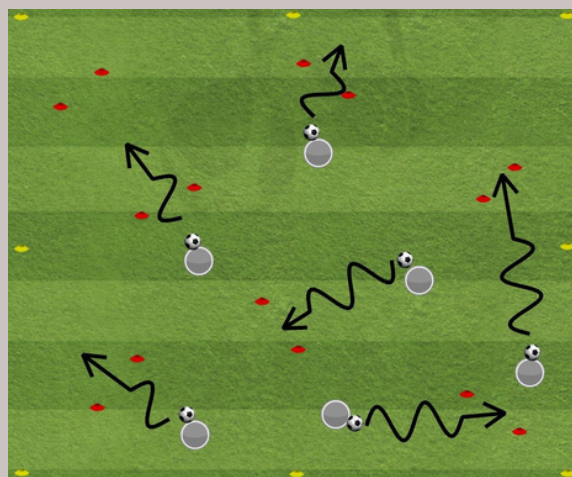
**Regressions:** Have players hold their soccer ball as they run, or remove them completely (essentially playing tunnel tag where a player must crawl through the legs to free the stuck player).

**Technical (20 minutes)****Set Up:** 20 X 20 area.**Equipment:** Cones, Balls.

Multiple Gates set up around the area. Players have to dribble from one gate to the next. Players must focus on identifying where the space is and what gates are empty to avoid collisions. Promote players to use both feet and think about where they want to move to next after passing through one gate

**Progressions:** Introduce a time limit and get players to add up their gates (1 gate = 1 point). If their ball hits a cone they return to 0 and if their ball collides with another players they go back to 0.

**Regressions:** Increase time limit, or remove it completely. Have players work together and combine their scores to have a more positive result. Completely remove the scoring aspect.

**Game (25 minutes)****Set Up:** 30 X 20 area.**Equipment:** Cones, Balls, Goals, Bibs

Set up a small sided game, with even teams. At this point you could ensure the game is fun and teams are small enough so everyone is getting lots of touches, if the ball goes out of play just insert a new one to keep game speed up.

**Progressions:** Introduce conditions to focus on dribbling: such as when a player receives the ball they must be positive and dribble forward first before playing a pass. If players are doing very well, remove any forward passes, making players dribble forward to get up the field.

**Regressions:** Remove any conditions and allow the players to play freely.

