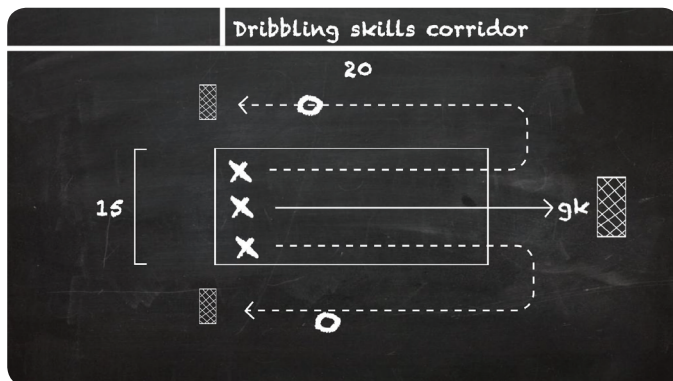


DRIBBLING

SESSION SKILLS CORRIDOR PLUS		PLAYERS 8 – 16
AREA 20 X 15	AGE UP TO 11	TIME 20 MINS



KEY FACTORS

Use skills and pace to beat the defender

Imagination, try new skills

Be patient and keep the ball moving

SET UP: Area divided into 3 channels with the middle being the “skills corridor”. At the end of the corridor is a goal with a GK. At the end of both outside channels is a miniature goal/target (cones will suffice) with 1 defender, but no GK, in the way.

PROGRESSION: N/A

SKILL DEVELOPMENT: Shooting, finishing, shot stopping, tackling, ‘jockeying’, turning.

1. 3 players with a ball dribble down the corridor.
2. The player in the middle has a shot on goal at the end of the corridor.
3. The 2 outside players turn back into the channels and try to beat the defender and score into the mini goals when they get to the end of the channels.

NOTES