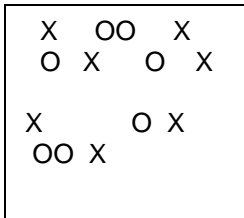
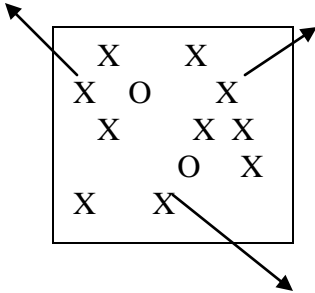
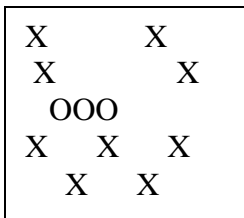
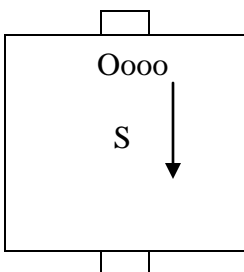


Club East Brunswick Session 2 Date _____

Session Title DRIBBLING.2.

Objectives To use laces of cleat. To improve dribbling at speed

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>FOXES AND FARMERS</p> <p>Each player has a ball. Half group have a pinnie tucked into shorts (foxes) . The rest are farmers, steal tail (pinnie in shorts) to become foxes. Ongoing.</p> <p>Variations: One or two children are farmers who steal the pinnies off foxes. The foxes then become assistant farmers. Pinnies are returned to the coach. Farmers can have a ball or not depending on group.</p>		10	<p>Points; Dribble with head up. Dribble into space, and away from farmers.</p> <p>X = Foxes O = Farmers</p>
<p>SHARK ATTACK</p> <p>Every player with a ball, when they hear 'shark attack', must get out of grid. Last 2 out become sharks next time, If ball is lost to shark, they become sharks too.</p>		10	<p>Points; Keep ball close. Change speed and direction.</p> <p>X = Players O = Sharks</p>
<p>REPTAR</p> <p>Reptar (coach), tries to eat children's lunch boxes by tagging the ball. If that happens the child joins Reptar holding hands and Reptar becomes bigger, last child is winner.</p>		10	<p>Points; Keep ball close Change direction Soft touches</p> <p>X = Children O= Reptar</p>
<p>FINDING NEMO</p> <p>Players are all fishes that start in the seashore. They must swim across the ocean to the other seashore. The shark that lives in the ocean tries to tag the fishes as they swim past. If they get tagged they become a shark too. The fishes cannot swim until the shark shouts 'swim fishy swim'.</p>		10	<p>Points; Dribble fast but in control Change speed and direction Keep ball close Head up</p> <p>O = Nemo's S = Shark</p>