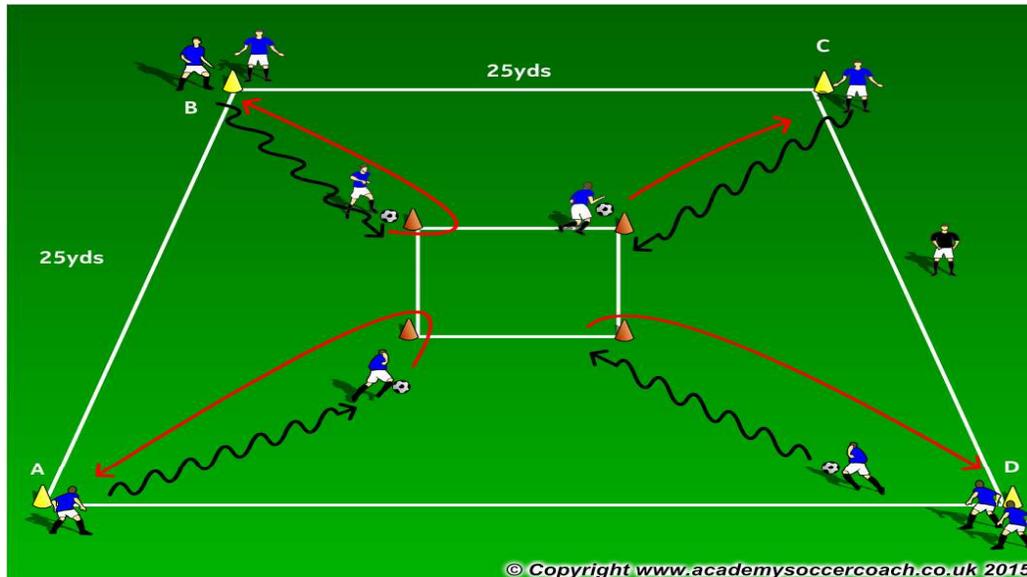




# FUNdamentals

## Chaos on the Highway



**Organization:** Set up large grid 25x25 yds with a smaller 8x8yds area in the centre. Position large pylon at each corner of the smaller grid. Players are divided evenly and positioned at a corner of the large grid (A,B,C,D) with no more than 3 per corner. | 1 ball with each group of players

**Procedure:** Players will dribble to the centre pylon using different ball manipulation (inside/outside foot, sole, laces etc). Once at the centre cone they turn staying as close to the pylon as possible before running the ball at speed back to next player in line.

**Progression 1:** When players turn at the centre pylons they return to a different line (eg. If everyone is moving clockwise: start at A dribble to pylon, turn and run ball back to B)

**Progression 2:** Players dribble at the same time through central grid and join opposite line (A dribbles through centre box and joins C)

Time frame. 10 - 12 minutes

Emphasis:

- Safe environment
- Positive Reinforcement
- Use of Different coaching styles
  - Demonstrations

<p><b><u>Psychological</u></b>            Decision making            Confidence            Spatial Awareness            Safety            FUN</p>	<p><b><u>Technical</u></b>            Dribbling            Running with the ball            Passing and Receiving</p>
<p><b><u>Physical</u></b>            Balance            Running            Change of            Direction/Pace</p>	<p><b><u>Social</u></b>            Communication            Listening            Fun with friends</p>