



If you are having problems logging in please clear your browser cookies and try again. [Read about how to clear your cookies here \(https://us.norton.com/internetsecurity-privacy-how-to-clear-cookies.html\)](https://us.norton.com/internetsecurity-privacy-how-to-clear-cookies.html).

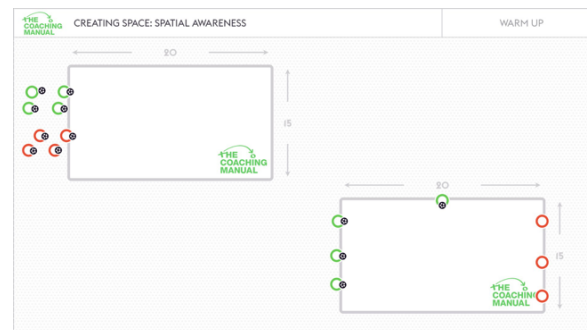
Spatial Awareness when Dribbling Warm Up

Written by Terry Moore

15 mins 10 players 10 balls 8 cones 20x15 area

Key Coaching Points

- Awareness of ball, space, team mates and opposition
- Changes in speed and direction
- Play with head up to scan



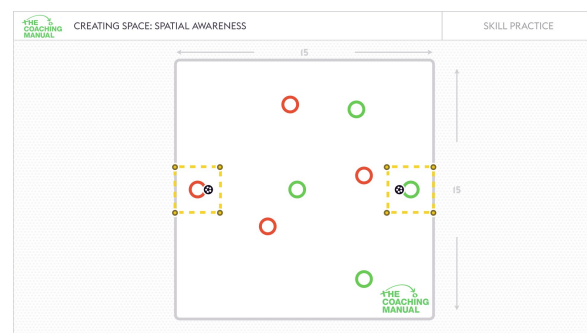
Spatial Awareness to Receive and Play Forwards Skill Practice

Written by Terry Moore

15 mins 8 players 3 balls 12 cones 15x15 area

Key Coaching Points

- Movement to create space for self or team mate
- Rotate positions
- Runs to lose a marker



Spatial Awareness to Receive and Play to Targets 2v2 Practice

Written by Terry Moore

15 mins 8 players 4 balls 4 bibs 8 cones 20x15 area

Key Coaching Points

- Receive on the half turn to play forward
- Create and complete "triangles" to pass & combine
- Movements to receive

