

## Movement off the Ball - VLSC Mini Camp

Date : 15/Aug/2014

Duration : N/A

Time : N/A

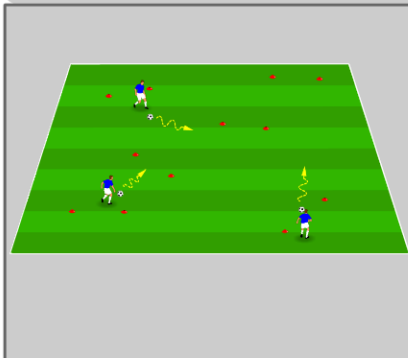
Age/Level : U8 - U14

Session

When to Dribble/When to Pass

Objective:

### Warm-up (Gates)



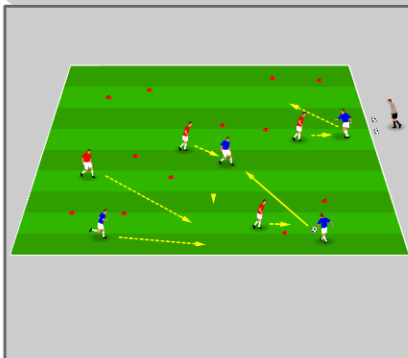
**Description :**

- Place sets of cones around the field to create "gates" for players to dribble or pass through.
- Each player has a ball and dribbles to each gate.
- At each gate the player is to execute a proper turn move and change directions quickly to go find another gate. Players can not go to a gate that is being occupied by another player.

**Coaching Points :**

- Change your pace after you execute a move.
- Recognition of open space.
- Proper execution of a turn.
- Proper technique in striking a ball.

### Small Sided Game (Gates)



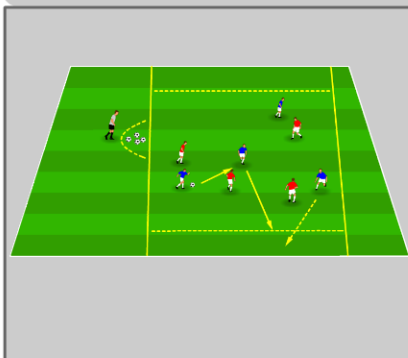
**Description :**

- Team equal teams of 4.
- Points are scored by playing the ball through the gate to a teammate successfully.
- After scoring a point the team in possession looks to find another gate to go and score through.

**Coaching Points :**

- Turn away from pressure.
- How to beat an opponent.
- Accuracy and weight of your pass.
- Cues to dribble, turn, and pass.

### Small-Sided (Endzone)



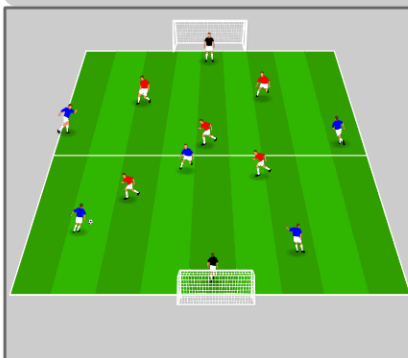
**Description :**

- Two equal teams of players.
- Points are scored when the team in possession is able to dribble or pass the ball into the endzone successfully.
- If passing into the endzone the player that is to receive the ball can not be in the endzone before the ball arrives.

**Coaching Points :**

- Technique of striking a ball over distance.
- Cues of when to dribble to score and when to pass.
- Recognition of open space.
- How to beat a defender.

### 5v5 to Bownets / Small Group Defending



**Description :**

Two teams of 5 play 5 v 5 to 2 bownets each.

**Coaching Points :**