



## Four Corner

### Recognize Dead End

Duration - 20' - Half Grid

Objective - Improve the players ability to see a space to attack with a dribble

### Organization:

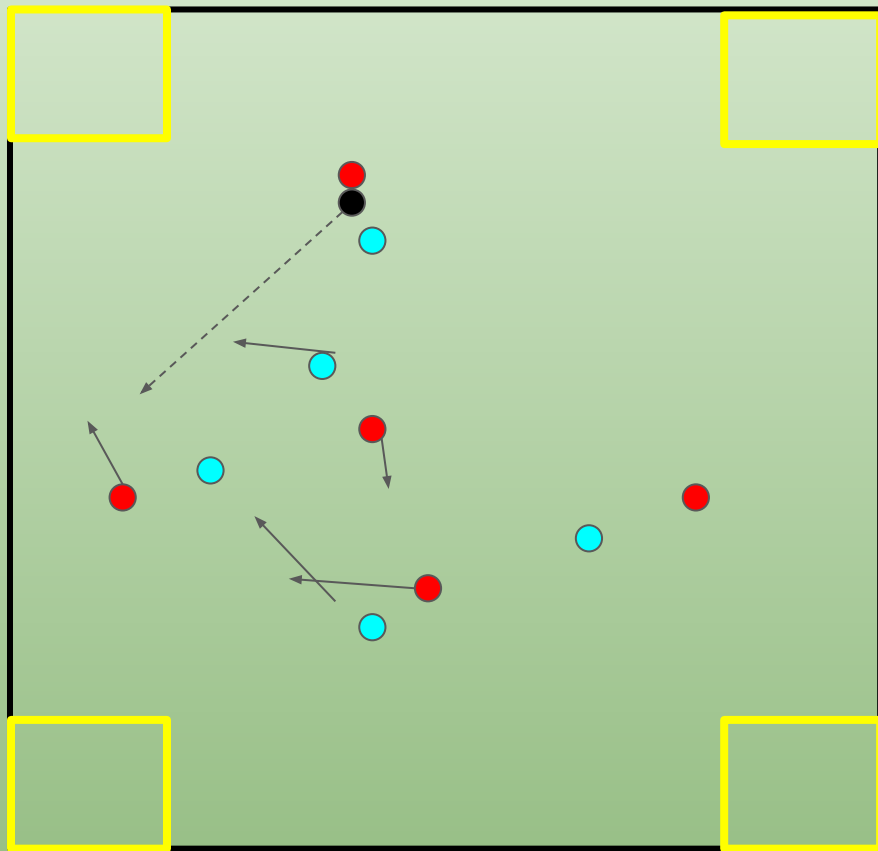
- 4 v 4, 5v5 or add neutral as required (adjust numbers to fit)
- To Score, You must dribble into the square

### Progression:

- To score you must receive in the square

### Coaching Points:

- Head up
- Recognize space to attack
- Pace
- Draw defenders, invite pressure to beat with the dribble.
- Does this open space for someone else or for you?
- Can you see a “dead end” and find a way out or new direction
- Are you moving to support the ball, ahead, behind, square?





## 4 corner 1 v 1 v 1 v 1

### Recognize Dead End

Duration - 20' - Half Grid

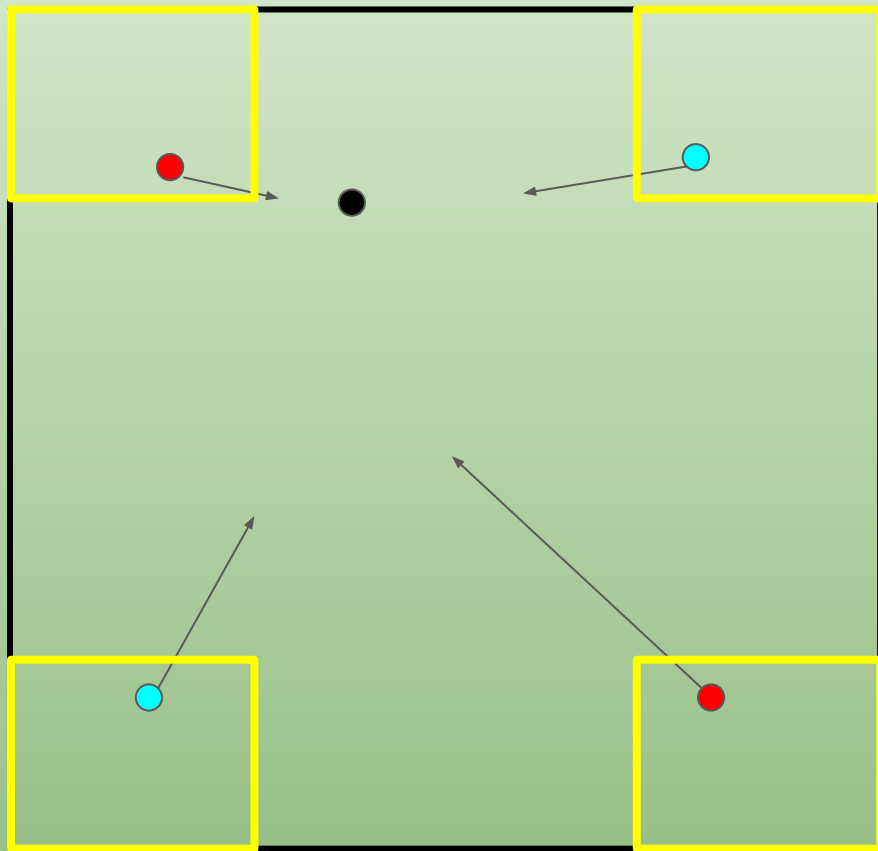
Objective - Improve the players ability to see a space to attack with a dribble

### Organization:

- Coach serves ball into the grid
- Each player is now 1 v all the other players
- To eliminate a square/player, you must dribble into the square
- Make sure the squares are big enough to ensure defending is not easy

### Coaching Points:

- Head up
- Recognize space to attack
- Pace
- Draw defenders, invite pressure to beat with the dribble.
- Does this open space for someone else or for you?
- Can you see a "dead end" and find a way out or new direction
- Are you moving to support the ball with a run or in behind?





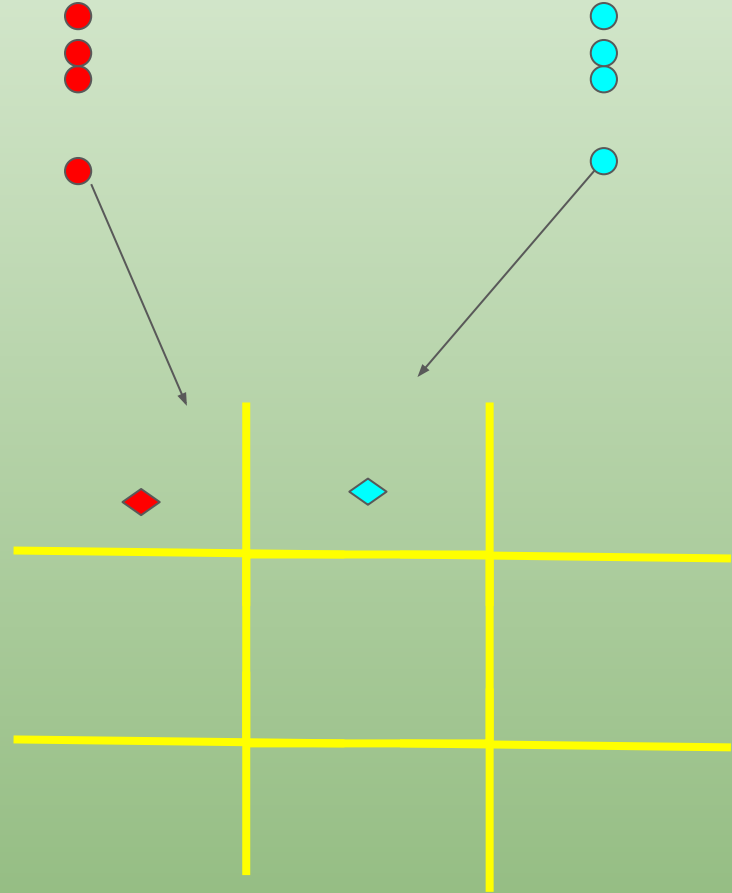
# Tic Tac Toe

## Organization:

- Set up a Tic Tac Toe Grid
- Two sets of Pinnie colours are required
- Each player runs to drop or move a pinnie to try for 3 in a row
- Next player in your group cannot go until previous player is back

## Coaching Points:

- Can we pay attention and see the best move to make?
- Drop a Pinnie or move a pinnie?





## Tournament style play to 3 goals

Recognize “Dead End”

Duration - 20' - Half Grid

Objective -Improve the players ability to see a space to attack with a dribble

### Organization:

Players pair up, adjust to grid numbers, 2v2, 3v3 etc

Three goals allow multiple directions of play

Players can score on any of the three nets

Ball served in by the coach on start and out of bounds (know where to serve a ball to avoid rapid goals, in the air is great)

### Coaching Points:

- Head up
- Recognize space to attack
- Pace
- Draw defenders, invite pressure to beat with the dribble.
- Does this open space for someone else or for you?
- Support the ball - move to receive or make a run to receive in space

