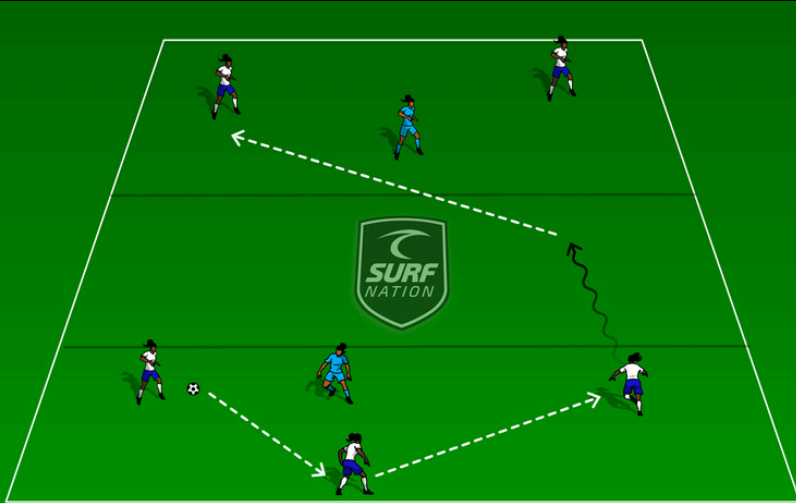


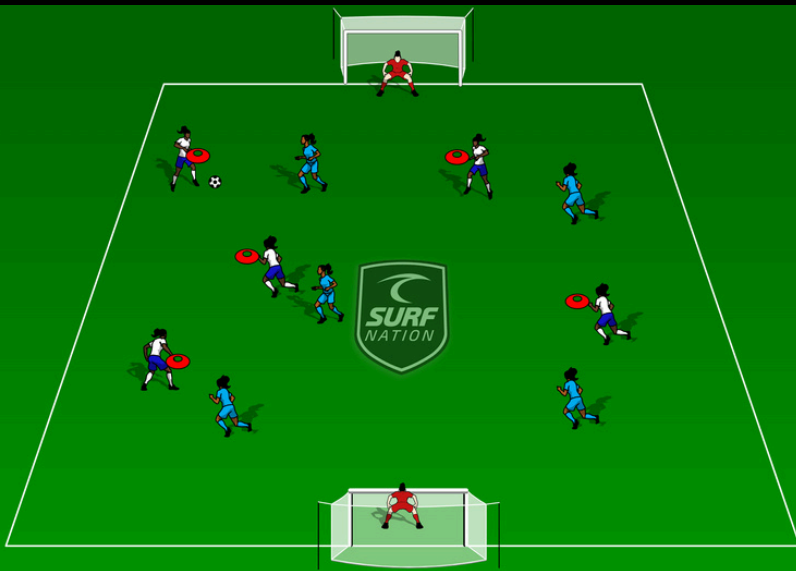
### PART ONE: WARM-UP GAME



#### 3V1 (X2) DRIBBLING RONDO

- 30x10 yards split into three zones
- 7 players are organized into a possession team of five and two defenders
- Play starts in one zone with a 3v1 situation, looking to circulate possession and release one player on the dribble into the middle zone
- Once the dribbling player enters the middle zone, they pass to an attacking teammate and then go and support to replicate another 3v1 under the same conditions
- If defenders win possession, they are looking to dribble out of the area for one point
- Play 5x2 minute games and rotate defenders after each game

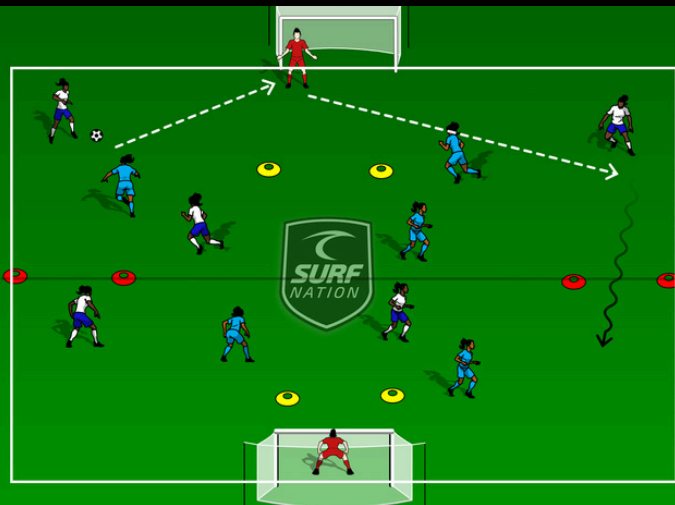
### PART TWO: TRAINING GAME



#### 6V6 DRIBBLE ADVANTAGE GAME

- Exercise takes place inside a 20x30 yard area
- Twelve players are organized into two teams of six players
- One team starts with a cone each in their hand (except the GK)
- When a player wants to create an attacking 1v1 situation, they simply throw the cone within 2 yards of the opposing defender
- The defender must pick up the cone before they can recover and make a challenge
- This gives the attacker a window of opportunity to dribble and create
- When the defender picks up the cone, they now keep it and use it when their team has possession
- The player does not have to use the cone if they prefer not to
- There are five cones in play at all times
- Play 3x5 minute games

### PART 3: POSITIONING GAME



#### 6V6 WHERE TO DRIBBLE?

- Exercise takes place inside a 20x30 yard area with four 3-yard gates set-up in the pitch
- There are two gates on the outside and two on the edge of each 'penalty area'
- Twelve players are organized into two teams of six players
- The gates are there to incentivize players to dribble in key areas:
- 1 point for dribbling through red gates
- 2 points for dribbling through yellow gates in attacking half
- 3 points for a goal
- Play 2x10 minute games and keep score throughout