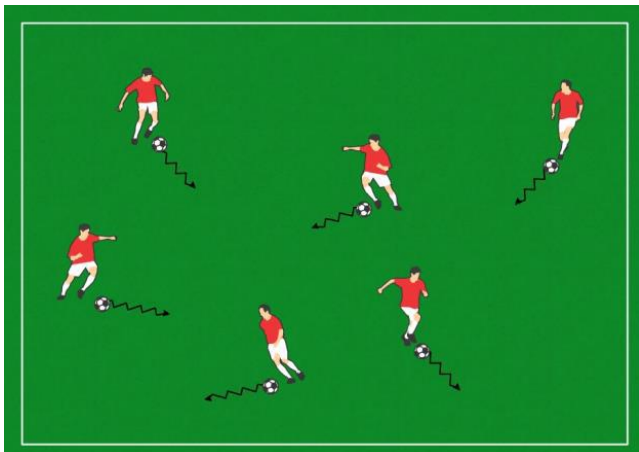




# NEWCASTLE PERMANENT SKILL OF THE WEEK

## SESSION PLAN – Running with the ball (5-8)



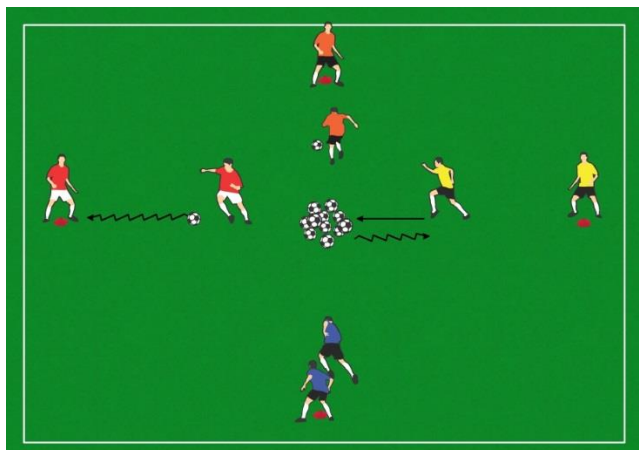
### BEGINNING – The Bee Hive (15m by 20m)

Pretending to be “bees” in a beehive, players dribble the ball around the grid avoiding other players or “bees.”

You can begin to instruct players as they are running with the ball to change direction and practice sidesteps.

Step up the challenge by including direction, where players have to dribble to one side of the grid to collect flowers, or deposit honey.

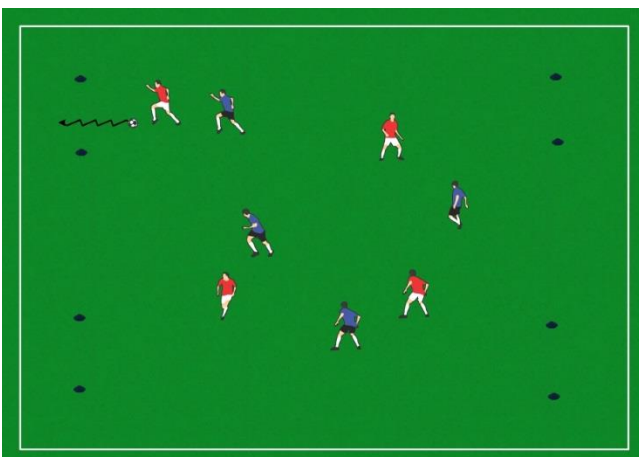
See how many ‘flowers’ or markers your players can dribble too.



### MIDDLE – Rob the nest (7m)

Players form groups of two and stand in their allocated zone or “nest.” One at a time, a player from each group will run and take a ball from the middle pile using their feet and then dribble the ball back to their team’s nest, on arrival their partner will run and do the same.

Once all the balls are gone from the middle, players can then steal balls from other team’s piles. The team with the most balls or “eggs” in their teams “nest” when the Coach calls time is the winner.



### END – Dribble to score (30m by 20m)

Players are divided into two teams and play a game. Players score a goal by dribbling through a gateway.

#### Session Tips:

- Arrive early and set up the area.
- Get it started quickly.
- Be enthusiastic.
- Provide lots of encouragement.
- Make it fun – change it up.
- Keep everyone active.

*Football that's safe, organised, and fun!*