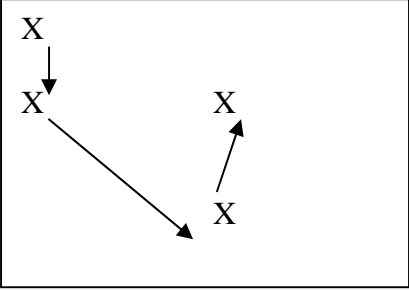
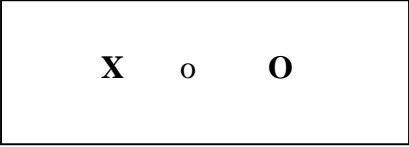
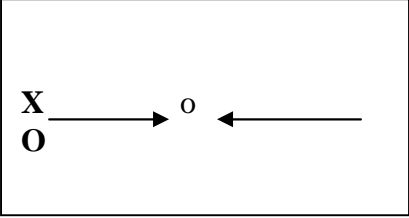
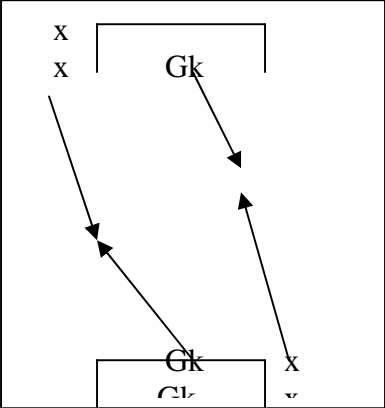
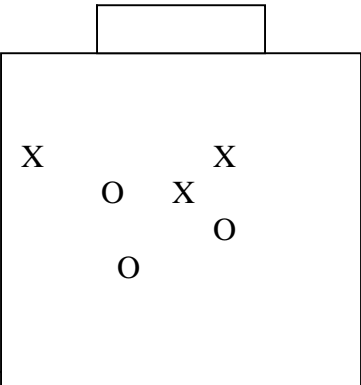


Phase & Activity	Diagram	Coaching Points
<p style="text-align: center;"><b><u>Breakaways</u></b></p> <p><b><u>WARM UP</u></b> Gk's dribbling around area. On command Gk:  <ol style="list-style-type: none"> <li>1. Dive onto their own ball</li> <li>2. Dive into someone else's ball</li> <li>3. As above, but coach removes one ball after each go. Person left without ball loses a letter of their name</li> </ol></p> <p><b><u>TECHNICAL DRILLS</u></b></p> <p>(1) Gk 1 faces Gk2. Take in turns to dive at opponent's feet. Opponent cannot move/attempt to play ball.</p> <ol style="list-style-type: none"> <li>1. Gk running at each other – opponent cannot play ball</li> <li>2. Gk lies in dive position, holding ball. Opponent carefully strikes ball into Gk's hands,</li> <li>3. Progressively harder until Gk is at max stretch.</li> <li>4. Increased distance – race to ball. Gk must dive at opponent's feet using hands.</li> </ol> <p>(2) Gk serves ball to X at side of goal, who takes ball forward to try and beat opposing Gk.</p> <ol style="list-style-type: none"> <li>1. Striker cannot shoot – must dribble around Gk.</li> <li>2. Striker must shoot before gk has chance to 'set' for shot.</li> <li>3. Striker can either shoot or dribble</li> </ol> <p><b><u>SCRIMMAGE</u></b></p> <p>X and O team in possession plays regular game with feet. Team w/out ball must win it by diving at strikers feet</p> <ol style="list-style-type: none"> <li>1. Must Dive</li> <li>2. Team in possession plays regularly. Other team are goalkeeper who can only win possession by diving at feet or saving a pass</li> </ol>	    	<ul style="list-style-type: none"> <li>• Dive on side</li> <li>• Position of hands on ball</li> <li>• Hands and eyes behind ball</li> <li>• Don't roll onto stomach or back</li> <li>• Bring into body to protect</li> <li>• Don't fall on knees – get legs out of the way</li> <li>• Lead with hands – hands should be first point of contact with ball</li> <li>• Keep eyes on ball</li> <li>• Strong hands, firm wrist</li> <li>• Arms slightly bent</li> <li>• Approach ball quickly in low set position. Hands low to side</li> <li>• Start position – start further up than position for regular shot</li> <li>• If striker has close control, stay on feet as long as possible – diving is last resort</li> <li>• If striker touches too far ahead, attack ball</li> <li>• Be aggressive and positive</li> </ul>

