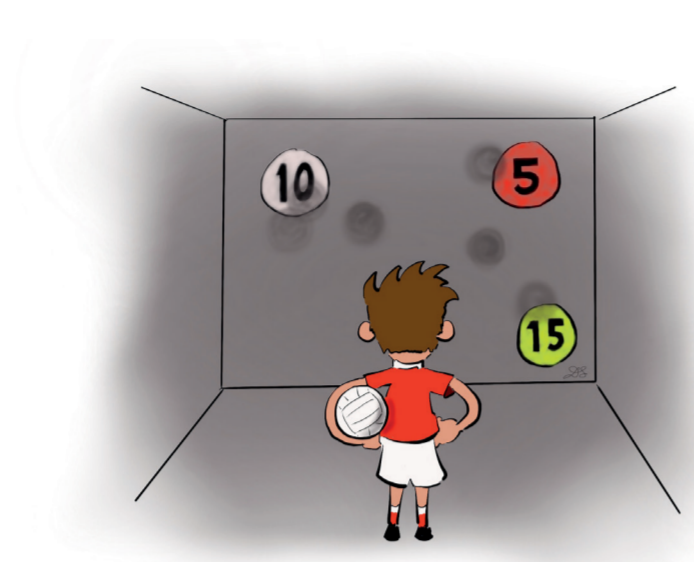


SKILL DEVELOPMENT

FUN ROUTINES



CHASING AND FLEEING GAMES



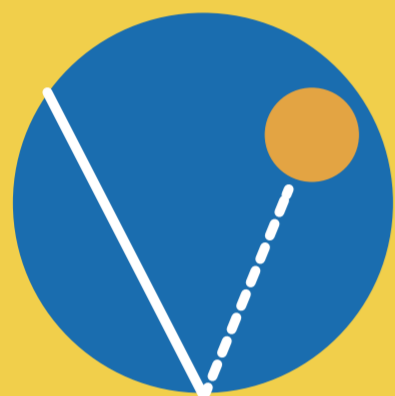
TARGET GAMES



COURT GAMES



FIELD GAMES



BALL SENSE

Activities To Develop Technical Proficiency by maximising the amount of Ball Contacts in a Training period by striking/kicking the ball off a wall



BASIC DRILLS

Stationary



INTERMEDIATE DRILLS

Add Movement



ADVANCED DRILLS

Add Pressure

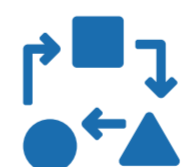
IDEAL PRINCIPLE



Introduce the skill



Demonstrate the technique



Explain the activity



Action



Look and observe