Name: Date:	Week:		Team:	Day:		CAPI	TAL'AREA
TRAINING OBJECTIVE(S):							
1. Toe	·	I. WARM-	UP	Intensity:		Activity Time:	
 Shuffles Dribbling (goal line and back) 		Duration:	TION (Dbys	Intervals:	uinmont / Dis	Recovery Time:	
J. DIII	a. Using pinky toe	ORGANIZATION (Physical Environment / Equipment / Players)					
	b. As fast as you can!						
4. Dribbling in an area changing		COACHING POINTS / KEY CONCEPTS					
	ons and trying not to run into a						
	ate or coach. Try teaching knockout.						
D. IIII. The sell Color		II. SMALL-	SIDED ACT	TIVITY Intensity:		Activity Time:	
 Dribble Through Gates Have players start anywhere. Players dribble through the gates. See who can dribble through the most gates in one minute. Have players count out loud as they pass through each gate. 		Duration:		Intervals:		Recovery Time:	
		ORGANIZATION (Physical Environment / Equipment / Players)					
		COACHING POINTS / KEY CONCEPTS					
5. Repea	t 2 or 3 times.						
	Red Light, Green Light	III. EXPAN	DED ACTIV	Intensity:		Activity Time:	
1. Player	rs start on goal line. n players dribble to coach on	Duration:		Intervals:		Recovery Time:	
		ORGANIZATION (Physical Environment / Equipment / Players)					
opposite goal line. 3. Red light players get two steps to							
stop b	all with sole of foot. If not over on goal line.	COACHING POINTS / KEY CONCEPTS					
		·					
-	the winner.						
		IV. GAME		Intensity:		Activity Time:	
Scrimmage!		Duration:	TION (Physi	Intervals:	uinment / Pla	Recovery Time:	
		ORGANIZATION (Physical Environment / Equipment / Players)					
	Have Fun!!						
nave ruii!!		COACHING POINTS / KEY CONCEPTS					

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