

HERE! THERE! NOWHERE!

On a call from the coach, players run with their football towards the coach. ('Here!'), away from the coach ('There!') or perform toe taps on the spot ('Nowhere!').

SESSION

• BEGINNING / 5 MINUTES

EQUIPMENT

• Marker cones to define playing area, 1 football per player

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • Establish a large playing area to encourage running (dribbling) with the ball. <p>Playing</p> <ul style="list-style-type: none"> • Start without the ball at first, then introduce a ball for every player after a few turns; • You explain the actions then make random calls that the players follow: <ul style="list-style-type: none"> - 'Here!' – all players run with the ball toward you; - 'There!' – all players run with their ball away from you in the direction you are pointing; - 'Nowhere!' – all players stand on the spot and alternately tap the ball with the balls of their feet (toe taps).
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Are players able to maintain control of the ball whilst dribbling?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Players to dribble at half pace to maintain control of the ball; • Players to use different parts of their foot (instep, outside).

