

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!').

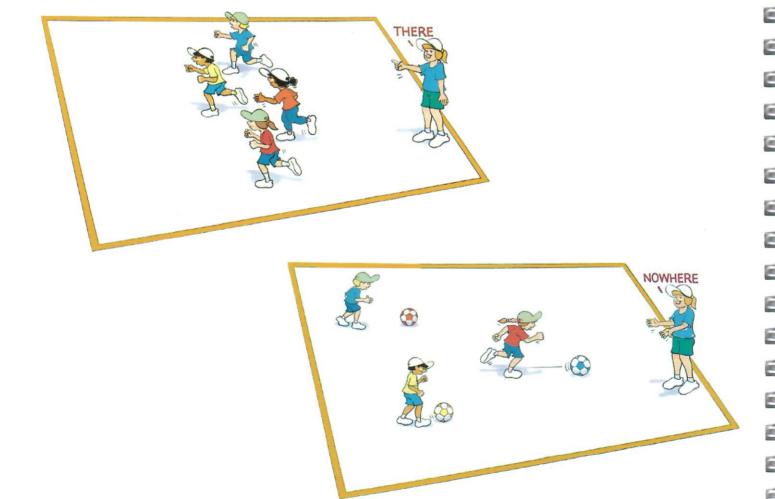
SESSION

· BEGINNING / 5 MINUTES

EQUIPMENT

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

Setting Up • Establish a large playing area to encourage running (dribbling) with the ball. Playing • 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: • '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 • Are players able to maintain control of the ball whilst dribbling? SUGGESTED CHANGES • Players to dribble at half pace to maintain control of the ball; • Players to use different parts of their foot (instep, outside).



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