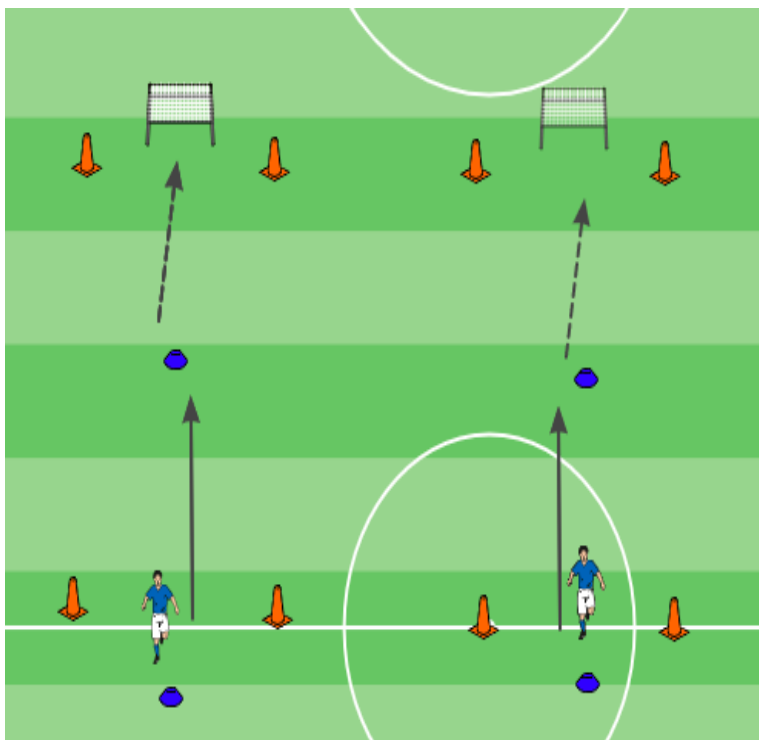
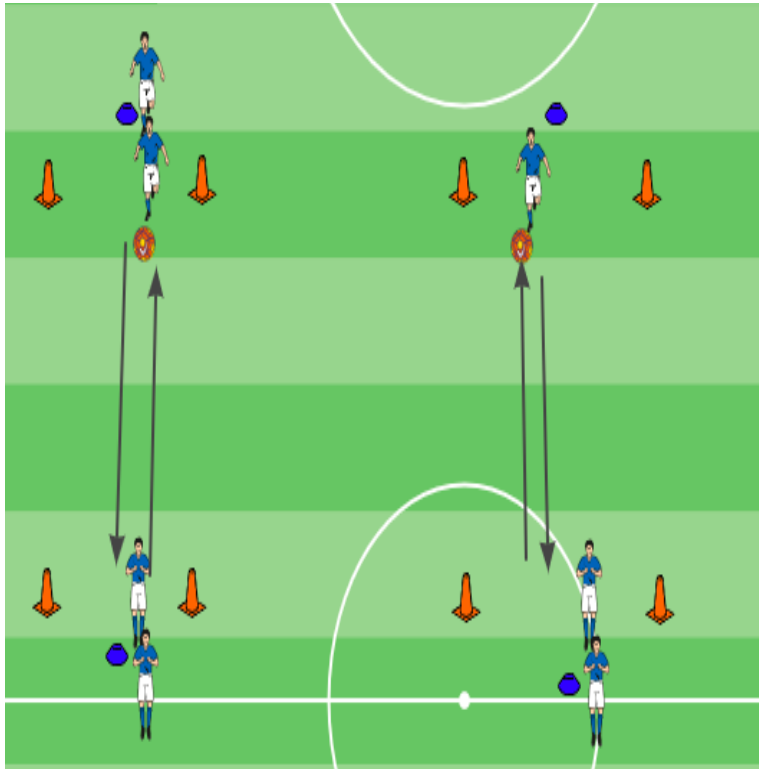


WALTERBORO
TECHNICAL DEVELOPMENT PROGRAM

Dribbling & Passing Drill



Progression

1. **Players dribble the ball side to side**, as soon the player reach the other side the next person Jumps in.
 - Right foot (3mins), Left foot (3mins)
 - After using both feet start a **competition**, first team moving the ball from side to side 15 times wins. 2 rounds one with each feet (right/left)
 2. **Rolling the ball**
 - Players follow the same structure but this time they have to roll the ball using their feet (sole)
 - Right foot (3mins), Left foot (3mins)
 - End with a **competition**, first of 20 (1 round)
 3. **Inside touch**
 - Players move the ball from side to side making little touches with the inside part of their feet.
 - End with **competition**, (1 round first of 20)
- WATER BREAK
4. **Passing technique**
 - Players dribble the ball to the middle and pass the ball to the players in front. (5 minutes)

II

SHOOTING DRILL

1. Players dribble to the middle cone and then finish with a shot in the goal.
 - After each shot the player have to pick up his ball and go back to the line.
 - Focus on the dribbling technique (Using laces, body positioning)
 - Shooting technique, ask them to use his inside part of feet for more accuracy.
 - End with an individual competition in your team, first player scoring 5 goals.