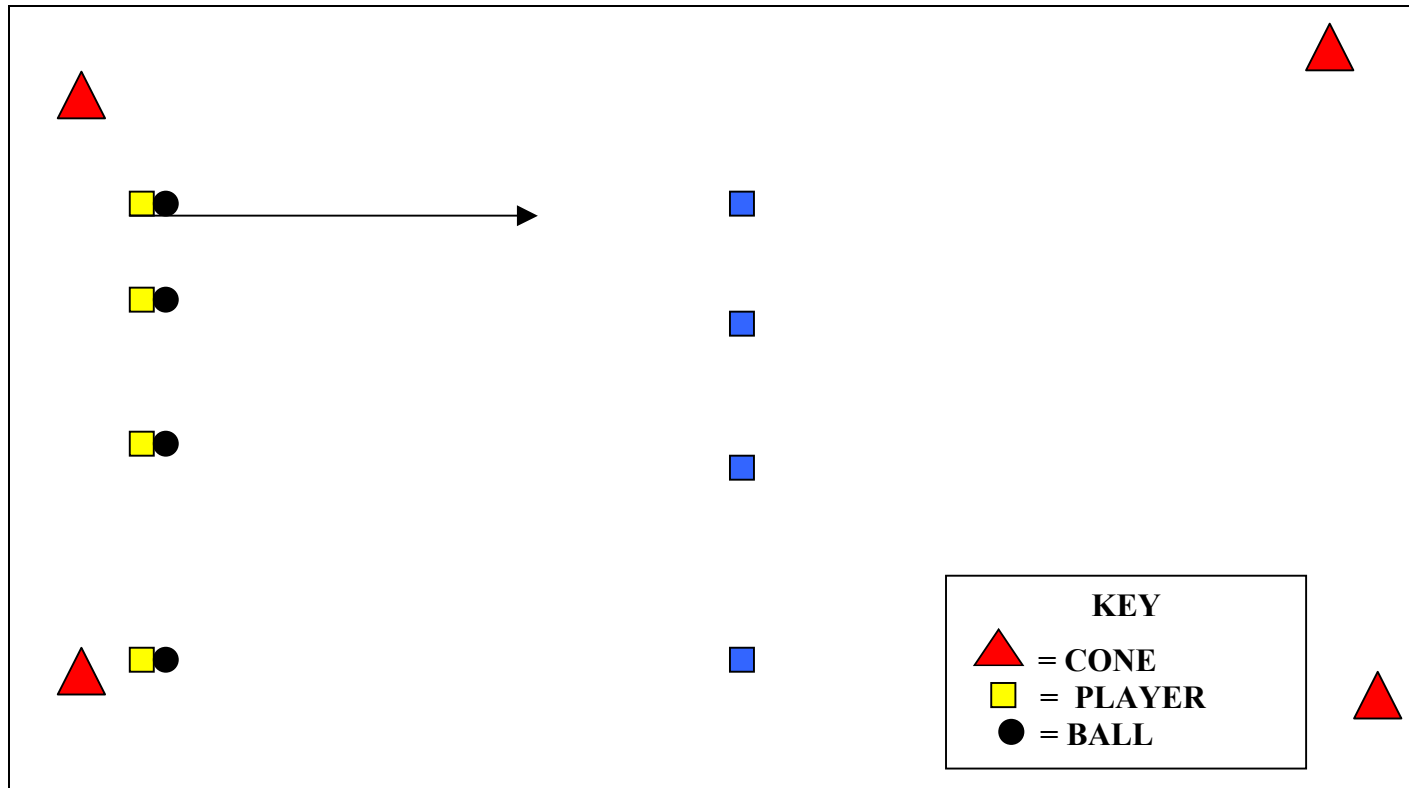


SESSION ONE



I'M THE BOSS



SESSION ONE

Instructions

1. Partner the players up about 20M apart (Less for younger children) with one ball between two.
2. The person with the ball calls the instructions!! (I'm the BOSS)
3. Player A runs with the ball towards player B and tells B to COME towards him and TAKE the ball!!
4. Player B TAKES the ball from player A and runs with the ball to the end of the grid and turns to repeat.

Drill Progression

1. The next progression is for Player A to run with the ball towards player B but this time player A tells B to STAY while A runs around A and then PASSES the ball in front of B and then tells B to GO! B then runs to collect the ball and turns at the end of the grid to repeat the drill.
2. For older children player A can shout to player B to "TACKLE" and A must try to get past B and then they swap.

Coaching Points

1. Encourage clear loud communication
2. Start the drill slowly and then progress to full pace

Equipment

1. 6 Balls