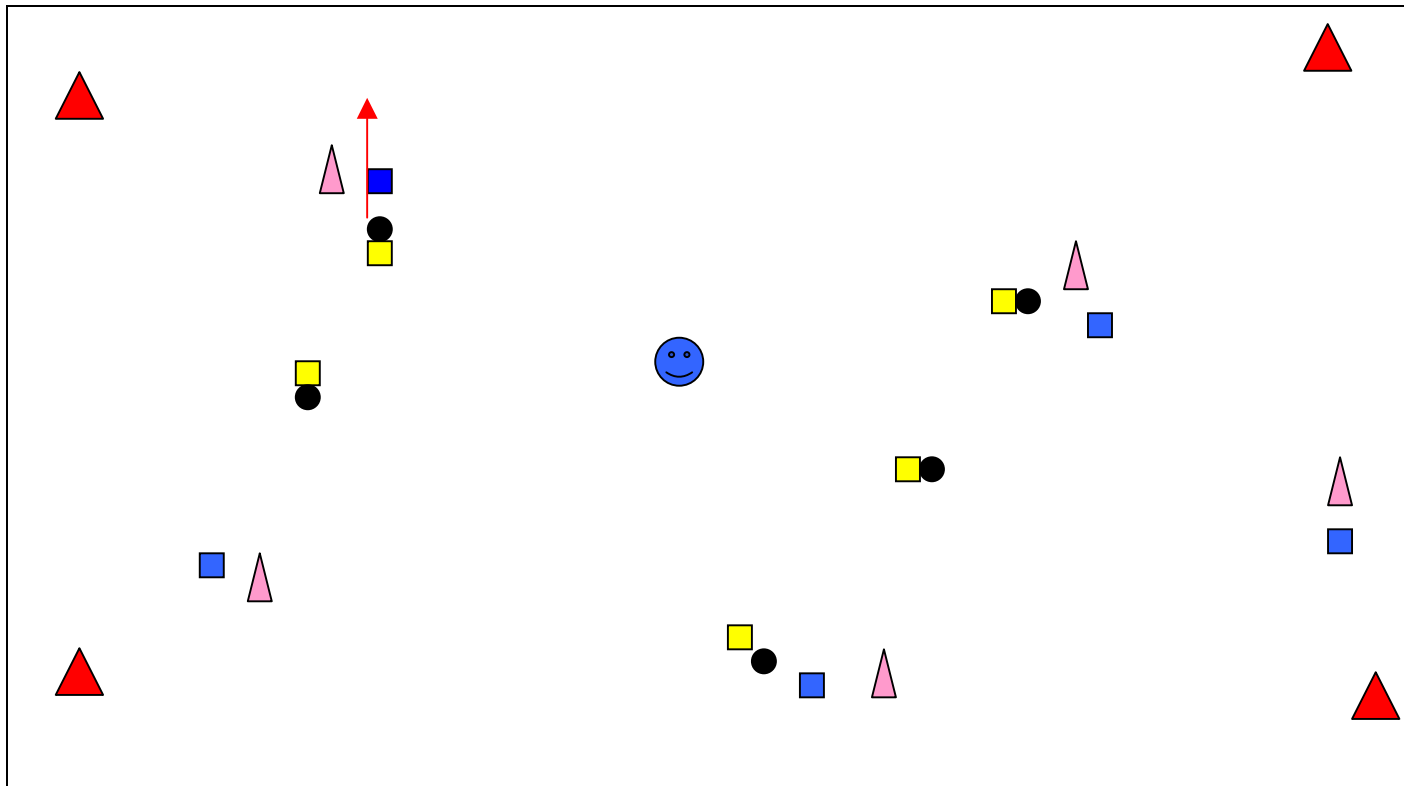
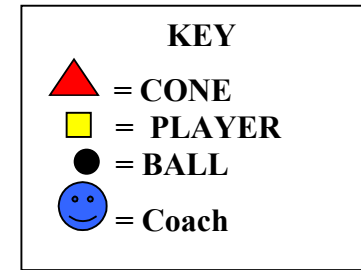


SESSION EIGHT



NUTMEG RACE



SESSION EIGHT

Instructions

1. Divide the players into two equal teams. Spread one team around the square standing next to markers without a ball and with their legs open (Blue players).
2. The second team (Yellow) have a ball each and on the coaches signal must try to 'nutmeg' the standing the blue players (Red Arrow). The yellow players must travel around the square as fast as possible and nutmeg as many opposition players but must not do the same player twice in succession.
3. After 2 mins stop and change over.

Drill Progression

1. Have the players Nutmeg first with their good foot and then with their non-kicking foot.
2. Have the defender try to tackle in a designated space to let the attacking player try the 'nutmeg' for real! (Advanced progression)

Coaching Points

1. Keep the head up while running with the ball
2. Try to Nutmeg with the outside of the foot rather than the instep of the foot. This is achieved by feinting to go one way and then dinking the ball with the outside of the other foot.

Equipment

1. A ball each
2. Set of coloured bibs
3. 6 – 8 Cones