<table>
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<th>Stage</th>
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| Play 1      | Play 1: 1v1, 2v2 or 3v3: Set up two or three small fields with a goal at each end. Play 1v1, 2v1, 2v2 up to 3v3. Play for the first 10 minutes. Play with kick-ins or dribble-ins when the ball goes out of bounds. | ![](https://example.com/diagram1.png) | • Technique of Dribbling: Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace).  
• Technique of Receiving: Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction and away from pressure.  
• Technique of Passing: Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow through. |
| Activity 1  | Ball Mastery 2: In a 10Wx7L square, place a player at each side with a ball. All players start the dribbling pattern going to the right. Players will perform the following tasks:  
1. Inside, inside, inside - Outside, outside  
   - Inside, inside, inside - Outside, outside - Laces, laces.  
2. Inside, inside, roll - Inside, inside, roll  
   - Laces, laces.  
| Activity 2  | 1v1 to 2 Goals at Each End: In a 10Wx15L yard grid play 1v1 to score in either of the opponent’s goals by dribbling through the goal.  
• The player with the ball passes it to the dribbler.  
• The dribbler receives and tries to dribble past the defenders and score by dribbling through one of goals.  
• If defender gets ball, he/she can score.  
• Players switch sides after their turn is up. | ![](https://example.com/diagram3.png) |  |
| Play 2      | Play 2: 3v3, 4v4 or 5v5: In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants) play the game. Coach will determine if goalkeepers will be used. | ![](https://example.com/diagram4.png) |  |