

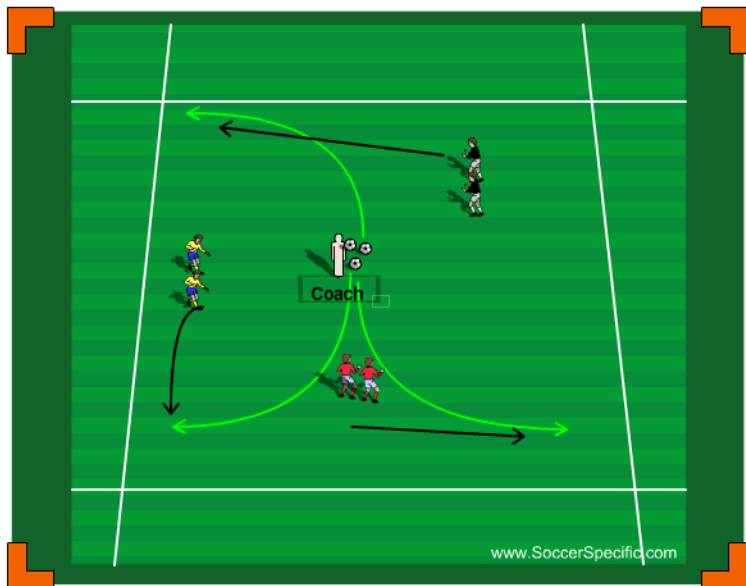
### ACTIVITY #1

**Set up:** Players in pairs each pair with a ball, 15 x 20 grid  
**Instructions:** Players both with a ball attempt to knock each others ball out of the grid

Progressions: 1) groups of 3 (2) Groups of 4 (3) Add gates first player to go through 5 gates wins

**Coaching Points:**

Keep ball on furthest foot away from partner  
Change direction away from partner  
Change your pace



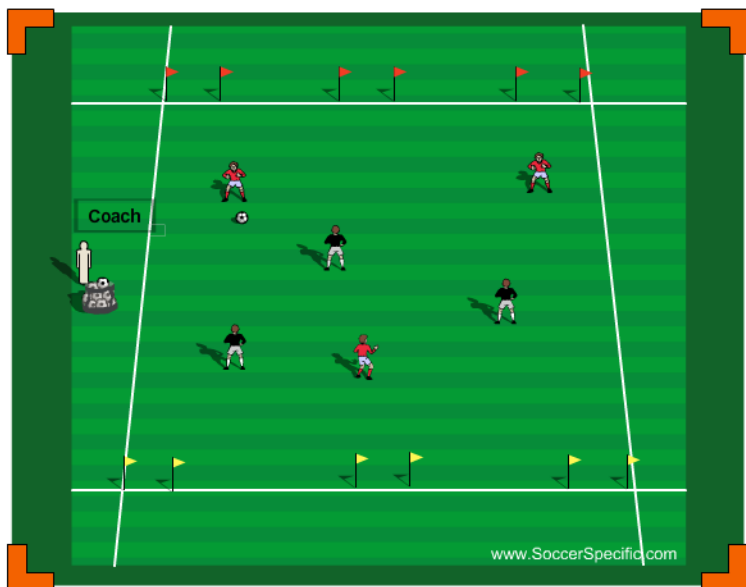
### ACTIVITY #2

**Set up:** Players in pairs each pair with a ball, 15 x 20 grid  
**Instructions:** Coach serves a ball to each pair and the two players battle to get possession and first player to dribble back to coach in that pair receives a point.

Progressions: 1) groups of 3 (2) Groups of 4

**Coaching Points:**

Protect ball  
Change direction away from partner  
Change your pace



### ACTIVITY #3

**Set up:** 15 x 20 yard grid. Coach serves ball in everytime it goes out of play

**Instructions:** 3 v 3 - 6 goal game. Players score by dribbling or passing ball through flags. Coach controls activity by playing ball in each time a goal is scored or the ball goes out of play.

**Coaching Points:**

Triangle shape  
Change direction  
Change pace