

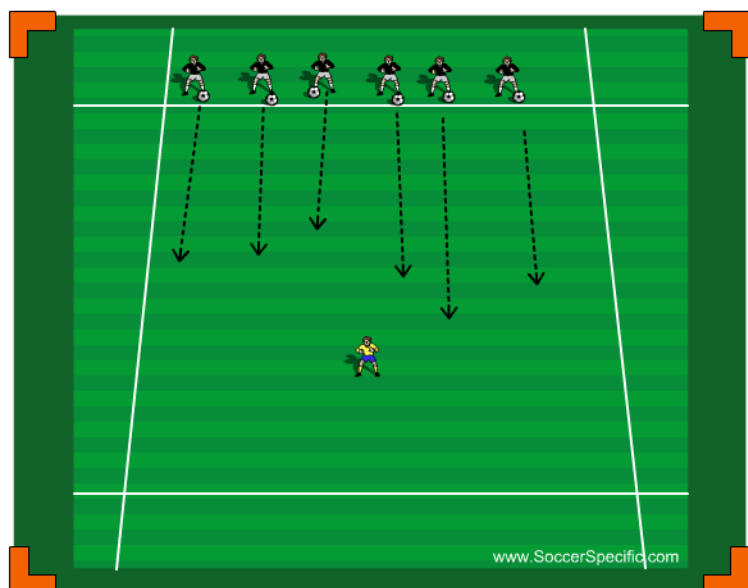
### ACTIVITY #1

**Set up:** 15 x 20 grid, cones laid out randomly throughout grid, ensure there are more cones than players

**Instructions:** Players dribble around area and do the following on the coach's cue:

- 1) Stop
- 2) Go
- 3) Turn
- 4) Cone (on cue players run to a cone)
- 5) Switch (on cue all players switch balls with each other)

**Coaching Points:** Keep ball close  
Every step is a touch of the ball

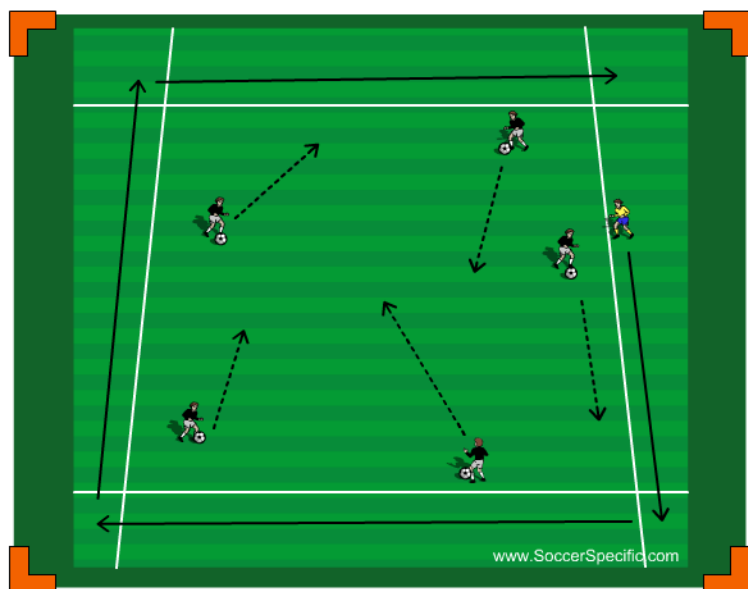


### ACTIVITY #2

**Set up:** 15 x 20 grid with all players with a ball except coach in middle of grid

**Instructions:** What time is it Mr. Cookie Monster? All players facing cookie monster start on end with a ball and ask: What time is it Mr. Cookie Monster? Then the coach or cookie monster with back to players tells a time (example 3 o'clock) Then the players take that many steps forward. This continues until cookie monster yells 'lunch time' then he attempts to get a touch on a players ball, all players at this point are trying to run with the ball back to the end of the grid. If players are 'caught' they become cookie monsters and the game continues until all players are caught.

**Coaching Points:**  
Every step is a touch of the ball  
Change direction  
Long touches under control away from defender



### ACTIVITY #3

**Set up:** 15 x 20 grid every player with a ball and a bib tucked into their shorts from behind

**Instructions:** Players (minnows) dribble their ball inside of the grid. One player (shark) jogs around outside of grid without a ball until coach calls out 'here comes the shark' then that player comes into the grid and attempts to pull bib out of shorts from minnow dribbling. If minnows tail gets removed they must come over to coach do a quick activity and then get back in the game (example 5 toe touches or quick feet) Continually change shark. Progressions 1) Shark has a ball also 2) Competition everyone is a shark and game continues until all tails are removed.

**Coaching Points:**  
Change direction  
Look around for shark  
Keep on balls of feet