

ACTIVITY #1

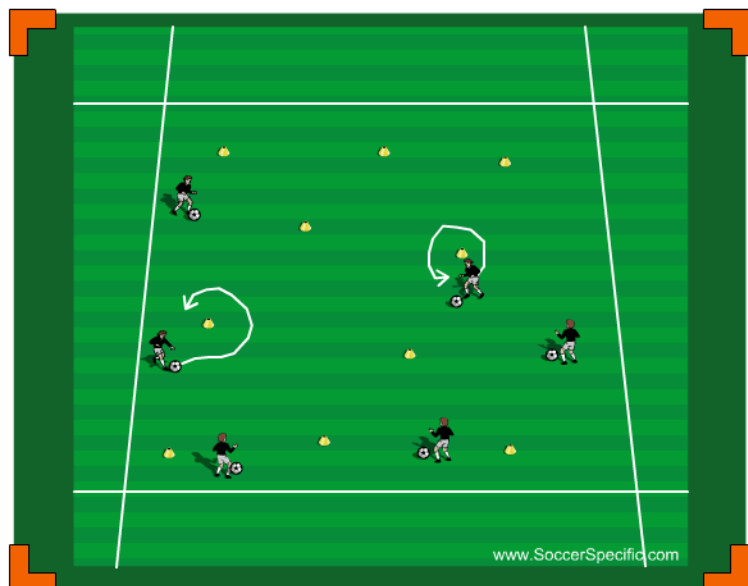
Set up: 15 x 20 grid, cones laid out randomly throughout grid, ensure there are more cones than players

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

1) Stop 2) Go 3) Turn

Coaching Points: Keep ball close

Every step is a touch of the ball



ACTIVITY #2

Set up: 15 x 20, spread numerous disc cones out around grid

Instructions: Players dribble ball around area and must 'dig up the treasure' by dribbling around cone in a complete circle (like digging up treasure)

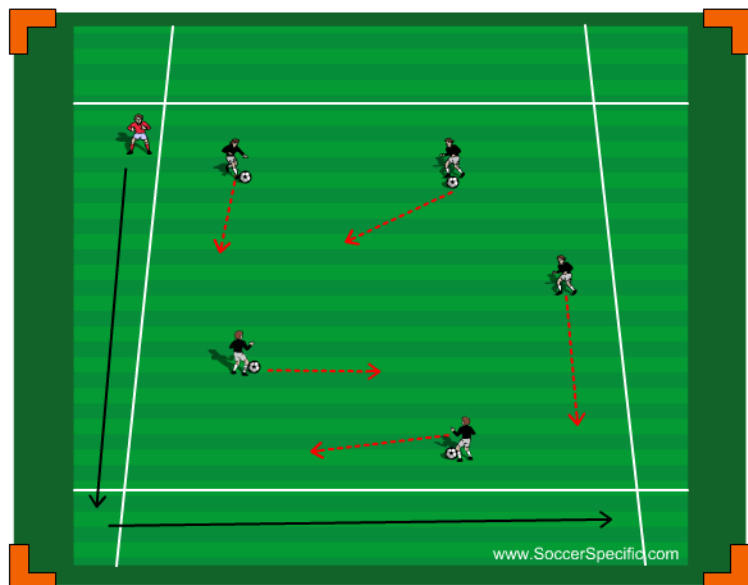
Variations

1) inside of foot only 2) outside of foot only 3) Roll ball over cone with sole of foot 4) Race players pick up cone after they 'dig' it up

Coaching Points:

Small touches

Change direction



ACTIVITY #3

Set up: 15 x 20 grid, every player inside grid with a ball. One player without a ball on outside of grid joggling around

Instructions: 'Shark Attack' - Players dribble ball around grid. When coach calls out 'Shark Attack' player from outside without a ball comes inside and attempts to remove balls from grid. If a player's ball is kicked out that player must come to the coach and do a quick activity (5 toe touches, quick feet etc...) and get back in the game. Rotate shark

Progressions: 1) Shark has a ball 2) Shark must take ball away from player instead of just kicking ball out of grid.

Coaching Points:

Keep ball close

Keep ball on furthest foot from shark

Change direction