

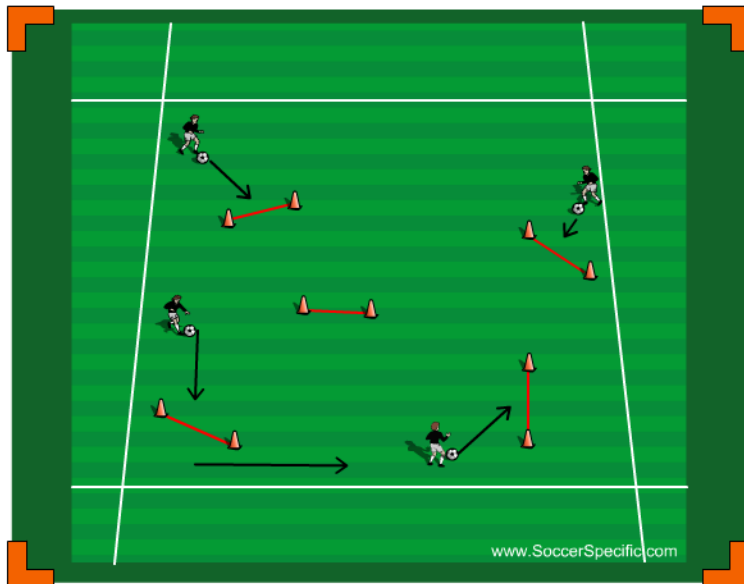
ACTIVITY #1

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)
- 6) quick feet (player taps ball with inside of feet)
- 7) Toe Taps (player taps ball with sole of foot left, right, left etc...)
- 8) Inside turn (players turn ball with inside of foot and dribble opposite direction)

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



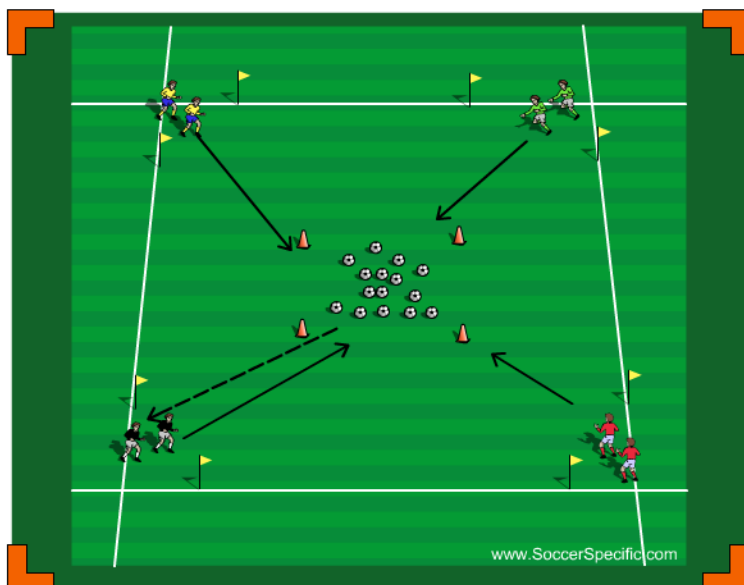
ACTIVITY #2

Set up: 15 x 20 grid, gates are created by placing cones 3 yards apart and randomly around grid. Ensure there is more gates than players

Instructions: Players dribble ball around the grid and through the gates. Players are encouraged to turn after going through a gate. Must not go to the same gate twice in a row.

- Progressions:
- 1) First player to 4 points (1 point for each gate)
 - 2) First player to go through all gates (If a player approaches a gate where another player is they must go and find another gate)
 - 3) Go around each gate and enter from behind

Coaching Points: Keep ball close
Every step is a touch of the ball
Accelerate after turn



ACTIVITY #3

Set up: 15 x 20 grid with a 5 yard box in the middle and individual goals on each corner. Teams divided into 4 groups

Instructions: 'Squirrels and Nuts' 1 Player (squirrel) from each corner runs to the middle get a ball (nut) and dribble it back to their goal (tree). When they return they tag partner who then may go. This sequence continues until all the nuts are gone (have plenty of soccer balls for this game). Once all the nuts are gone the squirrels may go to one of their fellow squirrels trees and steal nuts from them (but not until all the nuts from the middle are gone) there is no defending players may NOT stop each other from stealing. Game last for 90 seconds, add up all the nuts at the end and see who has how many.

- Progressions:
- 1) Inside Turn only
 - 2) Outside Turn Only
 - 3) Sole Turn only
 - 4) Any turn
 - 5) Once nuts are gone from middle all players may leave home tree and steal

Coaching Points:
Be dynamic nice and low
Accelerate after turn
Be under control