

ACTIVITY #1

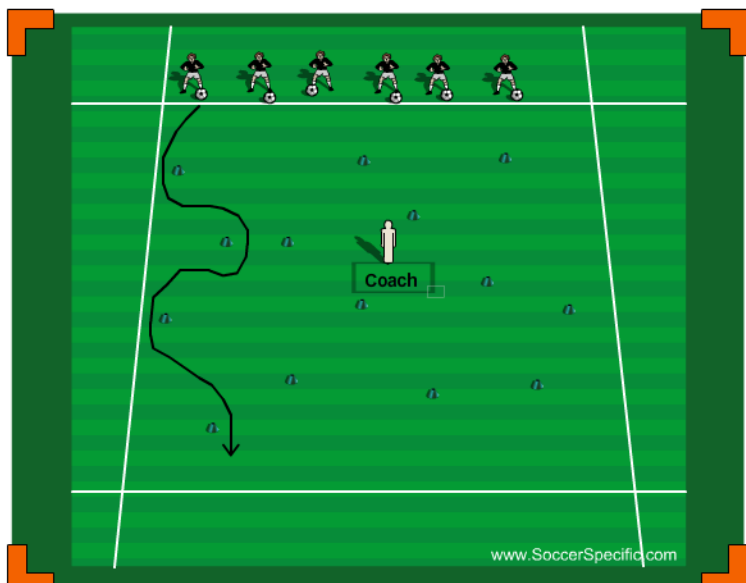
Set up: 15 x 20 grid, cones laid out randomly throughout grid, ensure there are more cones than players

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...)

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 and standing on end of grid

Instructions: Players are on the end of the grid and must weave their way through the forest. (Players must go in and out of cones and not in a straight line) If a player hits a tree (cone) they must dribble back to the start and try again.

Progressions: 1) Add a bear (coach) who goes around and attempts to kick a player's ball out forcing them to start again. (coach should look to see what players are not turning and those that turn away from the bear are safe.) 2) Race see who can turn around all trees first.

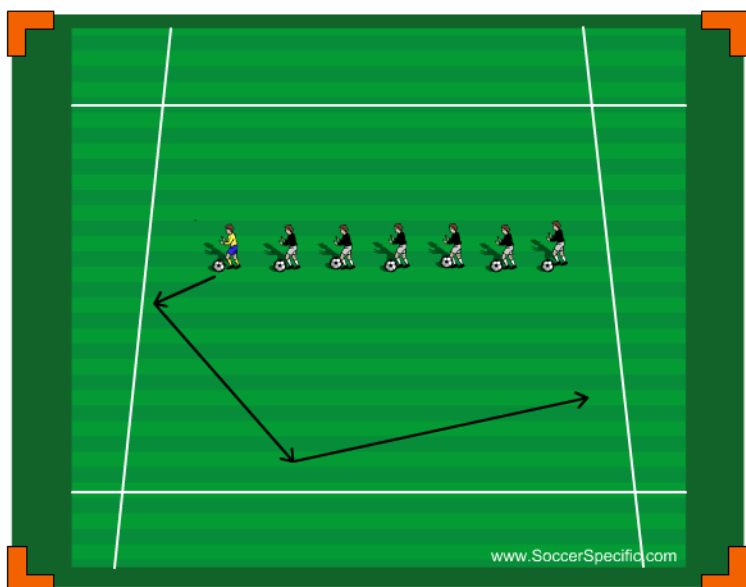
Coaching Points:

Every step is a touch of the ball

Change direction

Be dynamic nice and low

Use all surface of your foot (inside, outside & sole)



ACTIVITY #3

Set up: Every player inside the grid with a ball.

Instructions: Follow the Leader: Coach begins activity by having all players follow him with a ball. (good idea to have a parent/assistant coach on end to keep player in line) Coach can do a number of variations: 1) Simple changing of direction 2) Right foot only 3) Left foot only 4) Right hand down 5) Left hand down

Progressions: 1) Players in groups of 2 (2) Players in groups of 3 (3) Players in groups of 4

Coaching Points:

Keep ball close

Head up

Be dynamic (nice and low to ground)