

### ACTIVITY #1

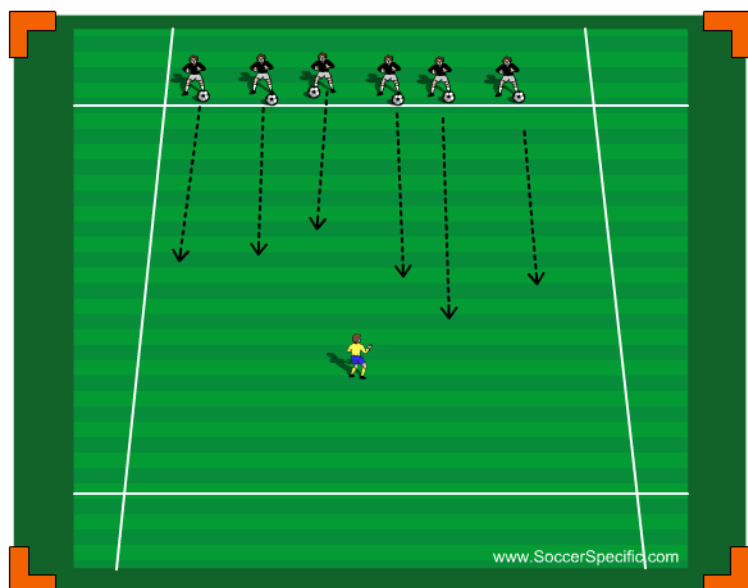
**Set up:** 15 x 20 grid, cones laid out randomly throughout grid, ensure there are more cones than players

**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)

**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 designated 'crab' in middle of grid

**Instructions:** Players attempt to dribble ball past crab (on coaches cue) and get to the other side of the grid. The player in the middle attempts to get a touch on the ball but must move like a crab. (hands and feet only off bottom).

If the crab touches the runners ball then that player also is a crab. Game continues until all runners are crabs.

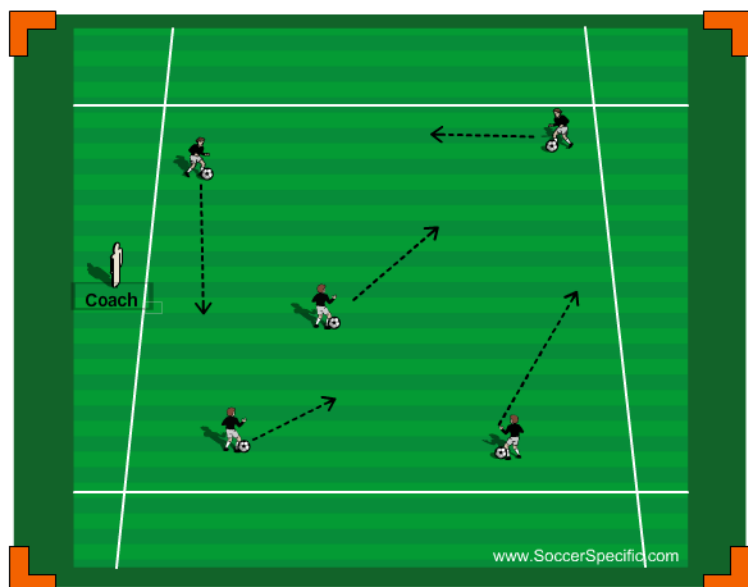
**Progressions:** 1) Start with multiple crabs 2) Crab must win ball to get help.

**Coaching Points:**

Every step is a touch of the ball

Change direction

Change speed



### ACTIVITY #3

**Set up:** 15 x 20 grid, each player with a ball

**Instructions:** Every player is moving around with a ball inside of grid and on coaches cue stops the ball with a body part. Note players may not use their hands they must attempt to stop it with that body part or stop it with sole of foot then put body part on ball:

1) Sole 2) Knee 3) Bottom 4) Forehead 5) Back 6) Calf 7) Chest  
**Progression:** 1) Once player has performed task they can begin dribbling again right away 2) See who is the first to perform task and begin dribbling again

**Coaching Points:**

Keep ball close

Be dynamic (nice and low)