

ACTIVITY #1

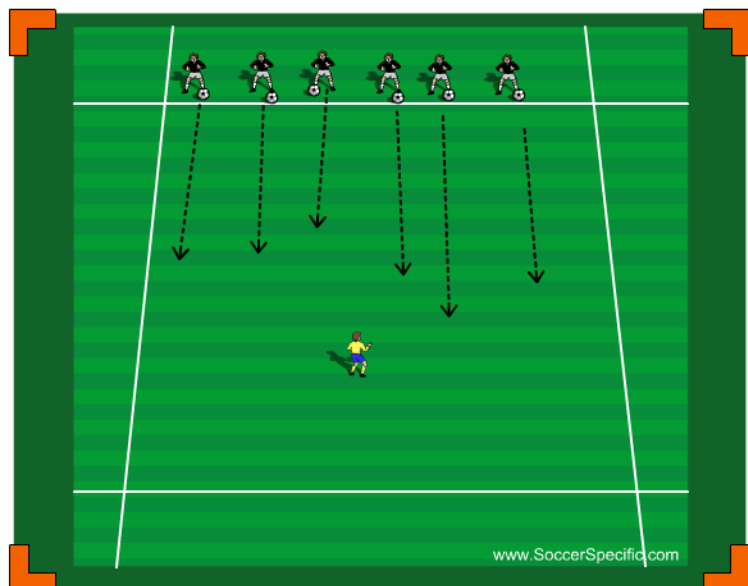
Set up: 15 x 20 grid every player with a ball dribbles around inside the grid.

Instructions: All players are dribbling their ball around the grid and when the coach calls out 'Hit the Dirt', all players must stop their ball drop to their chest, the coach will then call 'Up' all players will jump back up and continue dribbling.

Progression: 1) Players do not stop ball and must drop to their chest and jump up again before ball stops rolling 2) Players must perform an item before returning to feet (log roll, front roll, back roll) 3) Player must perform a half turn with the ball once they are back on their feet

Coaching Points:

- Keep ball close
- Use both feet
- Use all surfaces of feet (sole, inside and outside)



ACTIVITY #2

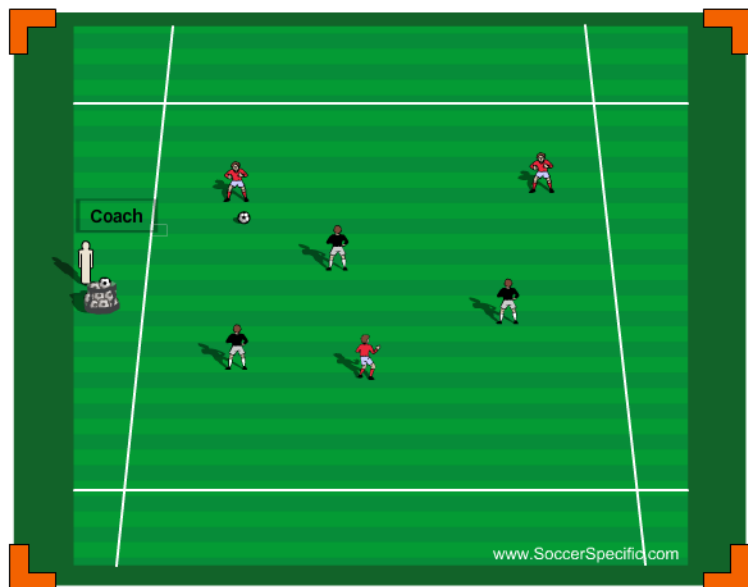
Set up: 15 x 20 grid with all players with a ball except one player in middle of grid without a ball.

Instructions: The Soccer Gauntlet. Players attempt to 'run the gauntlet' by successfully getting to the opposite side of the grid without getting their ball kicked out of the grid. If their ball gets kicked out they join in attempting to play other players ball out of the grid. This continues until all players have had their ball kicked out of the grid

Progressions: 1) Gauntlet player may have a ball, 2) Players that are caught must attempt to kick out balls from a seated position

Coaching Points:

- Long touches away from defender
- Head up see where they are
- Change direction when defender get close



ACTIVITY #3

Set up: 15 x 20 yard grid. Coach serves ball in everytime it goes out of play

Instructions: 3 v 3 Line Soccer. Players score by dribbling ball over end line and stopping ball under control. Coach controls activity by playing ball in each time a goal is scored or the ball goes out of play.

Coaching Points:

- Triangle shape
- Move to help teammate
- Beat a player 1 v 1 when you can