

ACTIVITY #1

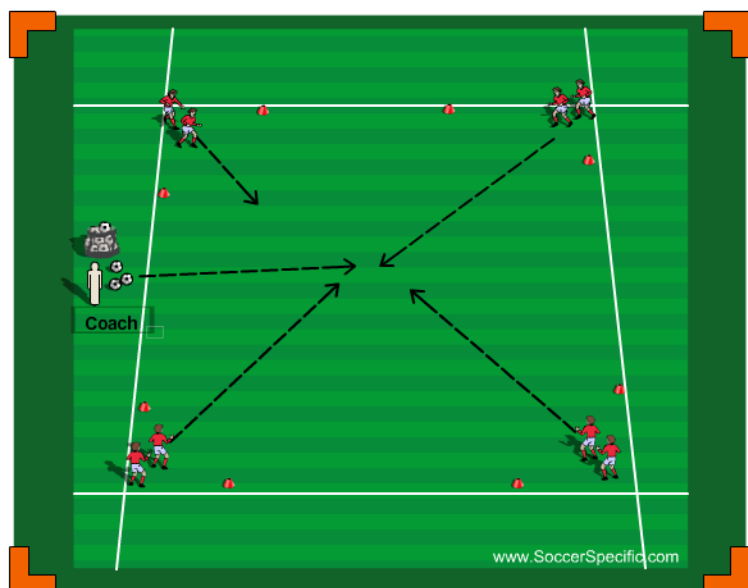
Set up: 15 x 20 grid, every player with a ball

Instructions: Players dribble ball around and when coach calls out UP players pick up their ball in their hands and throw the ball straight up in the air and attempt to bring it under control with any part of their body (except hands and arms) as quickly as possible:

Progressions: 1) Bring it down with only the sole of their foot
2) Thigh 3) Chest 4) Top of their foot 5) Serve for another player and they serve for you

Coaching Points:

Keep your eye on the ball
Cushion the ball as it comes down
Change direction once it is under control



ACTIVITY #2

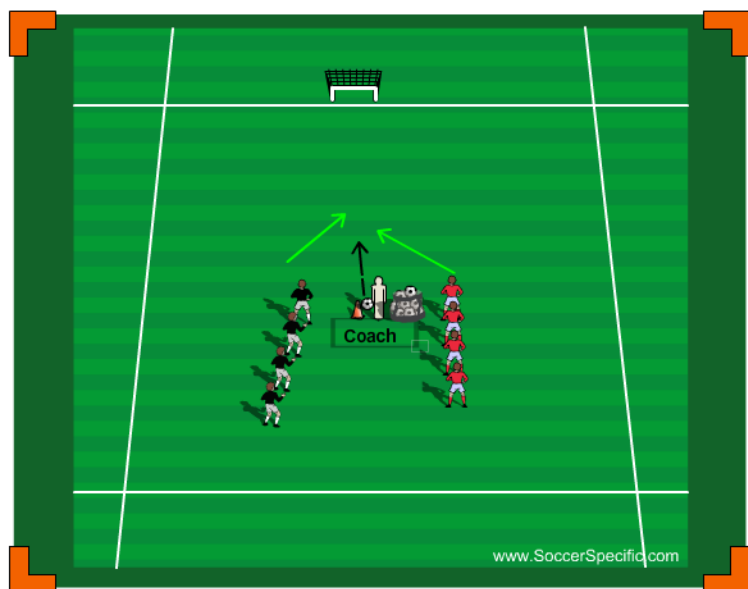
Set up: 15 x 20, Coach with all the balls on the side, each team with a home base

Instructions: Coach serves ball in and says 'GO' then the first player in each line comes out and attempts to win the ball. The game lasts for 5 seconds, the player with the ball after 5 seconds gets a point. If a player can get the ball back to their home base before time is up they will get 5 points

Progressions: 1) Play a different variety of serve (in the air, bouncing, spin etc...) 2) Player can go through any team base for a point

Coaching Points:

Change of pace
Protect ball when defender is near
Keep ball on furthest foot away from defender



ACTIVITY #3

Set up: Two lines of Players. Coach with a bag of balls in middle 20 yards from goal

Instructions: Coach serves ball in and the two players attempt to win ball and score on goal in front of them. Coach must play balls quickly to keep activity level high and players interested:

Variations: 1) Players lie on stomach 2) From a seated position 3) Eyes closed on coaches clap players go 4) With back to goal 5) Add goalkeeper

Coaching Points:

Take 1st touch away from defender
Look for open shot early
Change direction