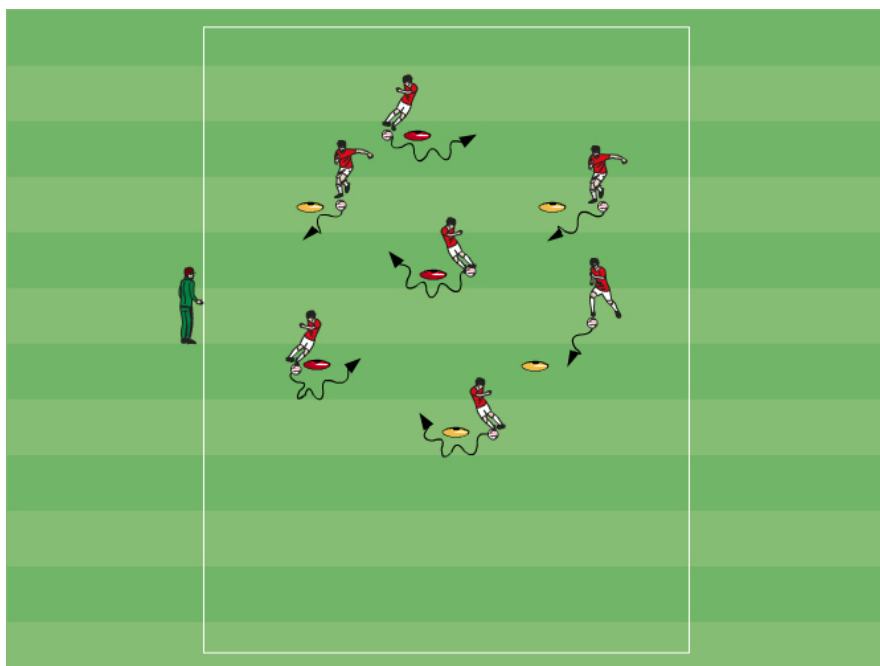





TRAINING EXERCISE

The Network



 **Dribbling**
Running with the Ball
Agility
Coordination & Balance
Perception & Awareness
Basic Motor Skills

 **U5 to U8**

 **8 Players**

 **balls/cones**

 **Intensity: 3**

 **12:00 min**
(6 x 01:00 min, 01:00 min rest)

Objective

To develop movement abilities: Agility, balance, coordination
To develop dribbling with the head up.
To develop running with the ball.
To develop turning the ball.

Description

Place different colored cones if available. Each player starts at a cone. Starting cone is called "home". Ask players to move from cone to cone in a variety of ways. At first try the activity without the ball. Consider the following movement actions: A) Run and touch a cone. See how many they can touch before "home" is called. B) Run and hop over a cone with two feet. C) Run and touch a cone with their hand. Then add a ball. Progression: A) Dribble from cone to cone. Don't touch the cones. B) Dribble around a cone and then go to a new one. C) Dribble around a cone and then go to a different colored cone.

Coaching Points

Running with the ball using pinky toe or laces.
Turning the ball with the inside or outside of the foot.