

ACTIVITY #1

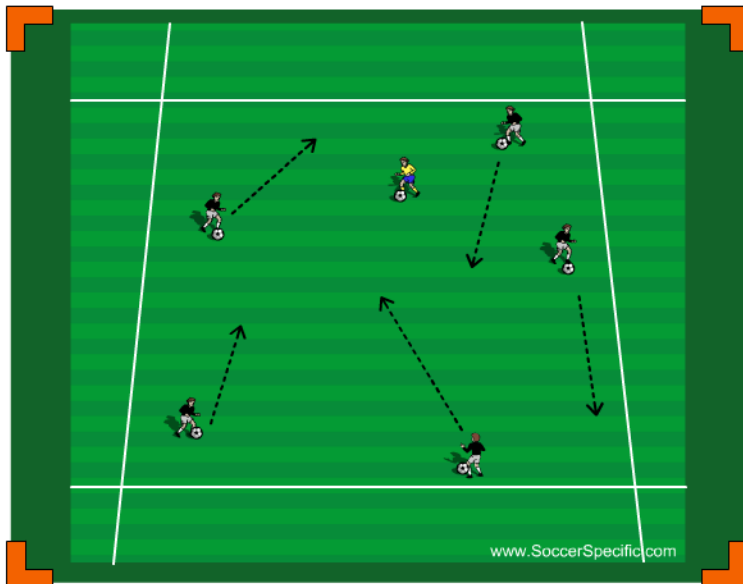
Set up: 15 x 20 grid, each player with a ball

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)



ACTIVITY #2

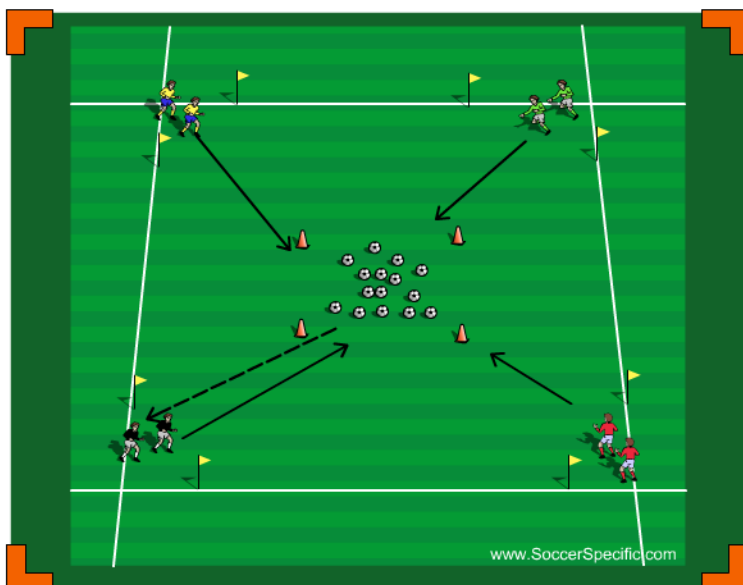
Set up: 15 x 20 grid every player with a ball. One player wears a pinnie and is 'it'.

Instructions: All players jog around with a ball inside area. Player in different coloured pinnie is 'it' and attempts to tag players. Once a player is tagged they must freeze with legs open. One of the other players can come along and pass their ball through the frozen players legs and then that player is free to move around area once again.

Progressions: 1) 'It' player does not have a ball 2) TV tag player can call out TV show and then is safe from being tagged for that moment 3) Teams (first team to tag all their opponents wins)

Coaching Points:

Keep ball close
Head up look for 'it' player
Change direction



ACTIVITY #3

Set up: 15 x 20 grid with a 5 yard box in the middle and individual goals on each corner. Teams divided into 4 groups

Instructions: 'Squirrels and Nuts' 1 Player (squirrel) from each corner runs to the middle get a ball (nut) and dribble it back to their goal(tree). When they return they tag partner who then may go. This sequence continue until all the nuts are gone (have plenty of soccer balls for this game). Once all the nuts are gone the squirrels may go to one of their fellow squirrels trees and steal nuts from them (but not until all the nuts from the middle are gone) there is no defending players may NOT stop each other from stealing. Game last for 90 seconds, add up all the nuts at the end and see who has how many.

Progressions: 1) Inside Turn only 2) Outside Turn Only 3) Sole Turn only 4) Any turn 5) Once nuts are gone from middle all players may leave home tree and steal

Coaching Points:

Be dynamic nice and low
Accelerate after turn
Be under control