

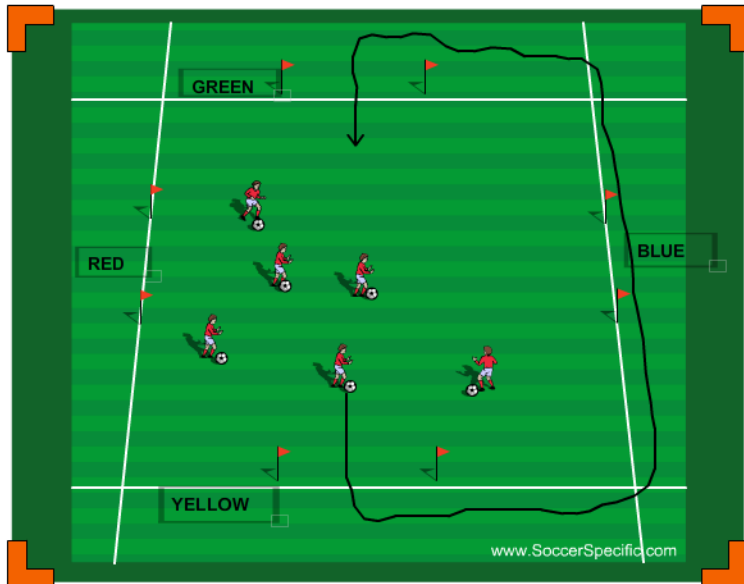
ACTIVITY #1

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)
- 5) Switch (on cue all players switch balls with each other)
- 6) quick feet (player taps ball with inside of feet)
- 7) Toe Taps (player taps ball with sole of foot left, right, left etc...)
- 8) Inside turn (players turn ball with inside of foot and dribble opposite direction)
- 9) Outside turn (players turn ball with outside of foot and dribble in opposite direction)

Coaching Points: Keep ball close
Every step is a touch of the ball



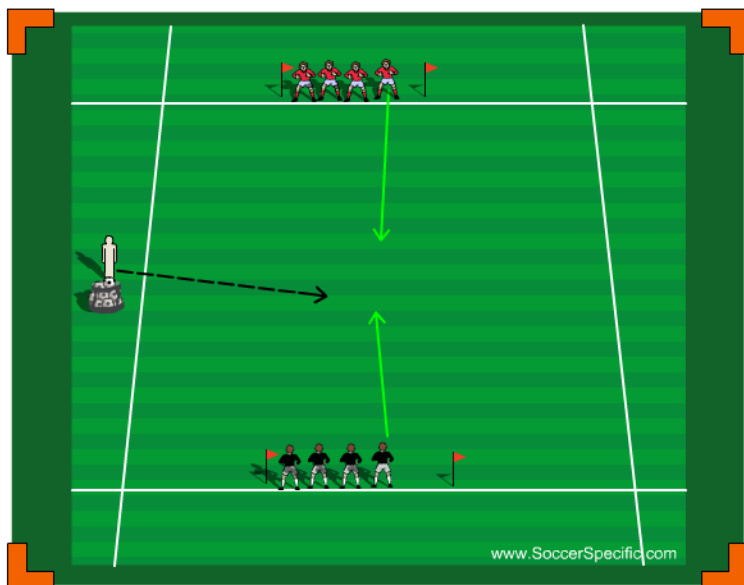
ACTIVITY #2

Set up: 15 x 20 grid with 4 yard goals on end. All players with a ball

Instructions: Coach calls out a colour and all players must dribble through that goal and all the way around through the back of the opposite goal

Progressions: 1) Coach holds up that coloured bib instead of calling out the colour 2) Players can come in through a different goal 3) Bib being held up means any goal can be come through except that colour

Coaching Points:
Head up
Change direction
Longer touches into space



ACTIVITY #3

Set up: 15 x 20 grid with 4 yard goals on end. All players are assigned a number and stand in between the posts

Instructions: Coach calls out a number and the two players who are that number come out and try to score on opposite goal to where they came from. The players who are standing in the goal may act as goalkeepers but may NOT use their hands. Goals may only be scored below waist

Coaching Points:
React first
Change direction
Go at the defender