

### ACTIVITY #1

**Set up:** Body Part Dribbling (Stop and Go exercise). 20 x 20 area or as needed. One ball per player.

**Instructions:** Each player begins by dribbling their ball freely. The coach begins by telling the players to "stop", the players then stop the ball with any part of their body they choose, the coach then instructs them to "dribble". After a few repetitions, the coach then yells out a particular body part instead (i.e., foot, hand, elbow, knee, head, right foot, left foot, etc.), the players then stop the ball with that particular part of their body. Repeat.

**Coaching Points:** Fun; stop and go; following directions; movement education (i.e., balance, coordination, agility); dribbling; simple decision making



### ACTIVITY #2

**Set up:** Gate Dribbling (Maze exercise). 20 x 20 area or as needed. One ball per player.

**Instructions:** Timed gate dribbling ... the coach times the players for 30-60 seconds. Players attempt to dribble through as many of the gates as possible in the given time. Challenge them to "break their own record" the next time attempted. Implement right foot, left foot, inside, outside, etc., to challenge them. Additional variations include adding a "gate keeper" to the exercise. The gate keeper is a parent or coach who "blocks" a gate (switching gate to gate), and the players must recognize this and change directions to another "open" gate.

**Coaching Points:** Fun; following directions; directional dribbling; simple decision making; anticipation (can I get to a gate before someone else or before it's blocked).



### ACTIVITY #3

**Set up:** Sharks and Minnows (Directional exercise). 20 x 30 area or as needed. Create two five yard deep end zones as shown. Designate one player (give everyone the opportunity to be the shark) to begin as the shark in the middle. One ball per player.

**Instructions:** Players (minnows) attempt to dribble from one end zone to the other end zone without getting their ball "eaten" by the shark in the middle. If the minnow is eaten by the shark, the minnow turns into a shark and helps in the middle. Play is continuous until all the minnows are eaten. Repeat.

**Coaching Points:** Fun; following directions; directional dribbling with "pressure"; changing speeds and direction; speed dribbling or running with the ball; anticipation and decision making.

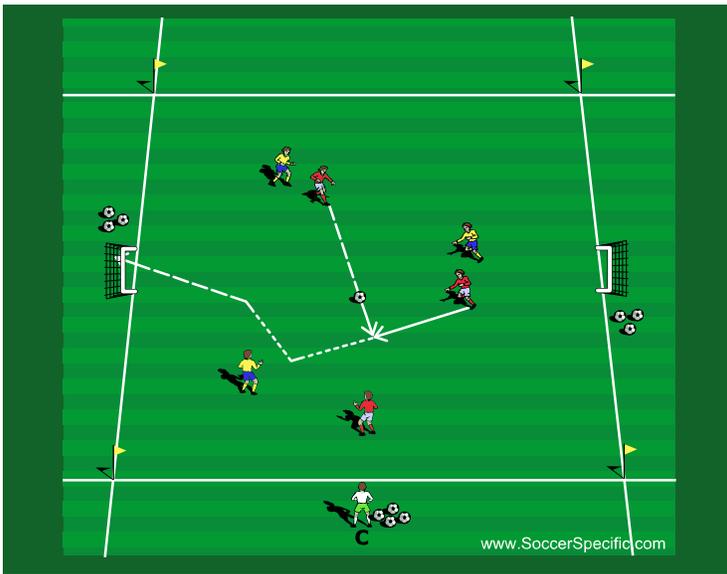


#### ACTIVITY #4

**Set up:** 5 Goal Game (Directional/Maze exercise). 20 x 30 yard area or as needed. Create five small goals inside the area. Divide players equally creating a 3 v 3 as shown. Be sure to have plenty of balls available, or spread them around the area, to keep the activity moving.

**Instructions:** Teams play 3 v 3 and can score by dribbling or passing through any of the five goals. Award 1 point to dribble through a goal, and 2 points to pass through a goal to a teammate. Play for time or to an established number of goals.

**Coaching Points:** Fun; individual and group (team) involvement; passing and dribbling; changing direction; decision making; movement; anticipation.



#### ACTIVITY #5

**Set up:** 2 Goal Game, "The REAL Game" (Directional exercise). 20 x 30 yard area or as needed. Divide players equally creating a 3 v 3 as shown. No goalkeepers. Be sure to have plenty of balls available to keep the activity moving.

**Instructions:** The REAL Game. Teams play 3 v 3, and regular rules of soccer apply. Play for time or to an established amount of points.

**Coaching Points:** Fun; individual and group (team) involvement; passing and dribbling; changing direction; decision making; defending and attacking transition.

All of the above.