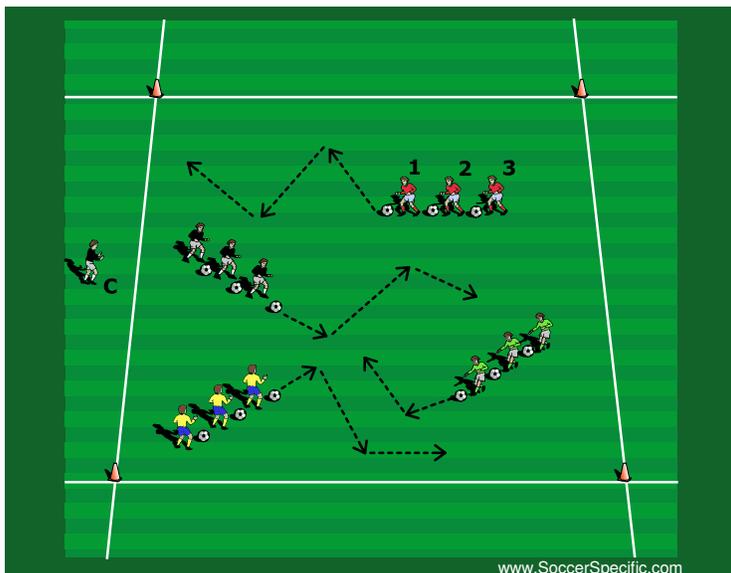


ACTIVITY #1

Set up: Find Your Teammate. Your 20X20yd grid size can be altered to accommodate the appropriate amount of players. Make space smaller (harder), make space larger (easier).

Instructions: All players dribble in the designated grid space. The coach calls out the name of one player, see diagram, who then dribbles to the open space. All other players dribble after #1 until several have caught him/her. Coach calls out another player, preferably one not in the pack, who then dribbles to open space. All other players dribble after the new player until several have caught the player. Repeat quickly until all players have been called and chased.

Coaching Points: Keep the ball close to your feet. Parts of feet include; inside, outside, and instep/laces. Have the players tap these spots on their feet to illustrate where they are. Dribble with your head up, knees bent, and light on your feet. Focus on changing speed and direction.

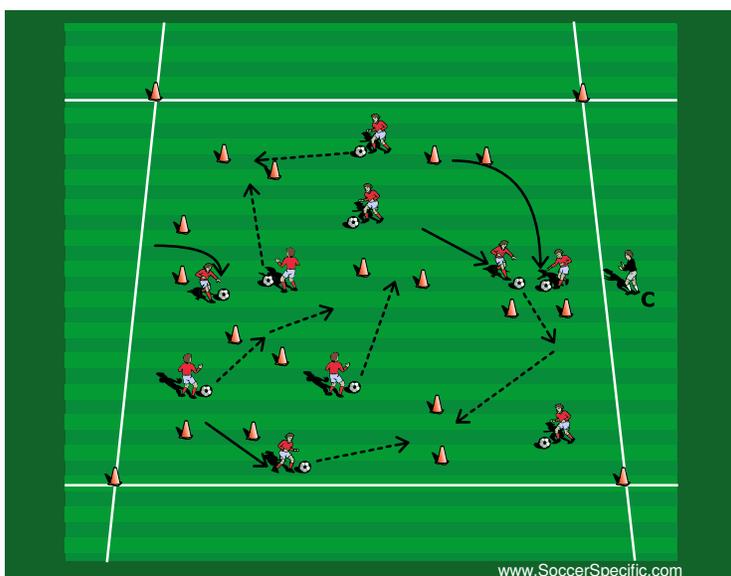


ACTIVITY #2

Set up: Snakes. Your 20X20yd grid size can be altered to accommodate the appropriate amount of players. Make space smaller (harder), larger (easier). Each player has a ball. Put players in groups of three, player #1 is the snake head, player #2 is the belly, and player #3 is the rattle.

Instructions: Each group dribbles in weaves (like a snake rattling), making snake noises. When the coach says "stop", all three snake parts should be close together. Have players switch snake parts, restart dribbling and give points for the snakes that stay together, stay in the grid, or don't bump into the other snakes.

Coaching Points: Keep the ball close to your feet. Parts of feet include; inside, outside, and instep/laces. Dribble with your head up, knees bent, and light on your feet. Watch for visual cues and communication from your fellow snake parts.

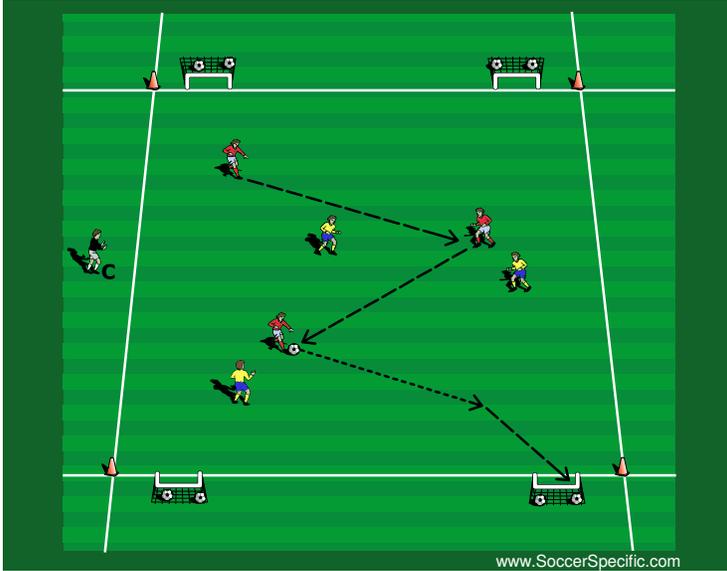


ACTIVITY #3

Set up: Gates. Your 20X20yd grid size can be altered to accommodate the appropriate amount of players. Make space smaller (harder), make space larger (easier).

Instructions: Every time a player dribbles between a pair of cones he/she gets a point. They can not go through the same pair twice. Introduce some competition. Have players dribble for 2 minutes and see if everyone can get at least 10 points. At the end of 2 minutes, players say how many points they have. Increase the target number of points and repeat. A variation includes having the players dribble around and now have to knock the cones down with their ball. How long does it take to knock down all the cones? Coach can reset the cones as the exercise is going on.

Coaching Points: Ball control and change of direction. Keeping the ball close to the body and keeping your head up so you can see the next available gate. Running with the ball under control.



ACTIVITY #4

Set up: Four Goal Game. The game is 3V3 or 4V4 with no goalkeepers. Field size is 20X30 yards with two goals located on each end line and can be adjusted according to the level of play. Multiple fields should be set up so everybody is involved.

Instructions: The four goal game is used to encourage scoring goals and changing the point of attack. Dribbling is the theme for the week. Emphasis is on getting plenty of touches on the ball, attacking space by dribbling, plenty of success scoring goals, and having fun.

Coaching Points: Try not to keep score and let the kids play. This is to make the game less competitive and more focused on having fun. Use kick-ins when the ball goes out of bounds. Coaches will have to help players position the ball correctly for the kick-in and move players back from the kicker. Do not call penalties during the game but certainly stop any excessive pushing or use of the hands. Occasionally stop the play to work on spreading out and using the entire size of the field.