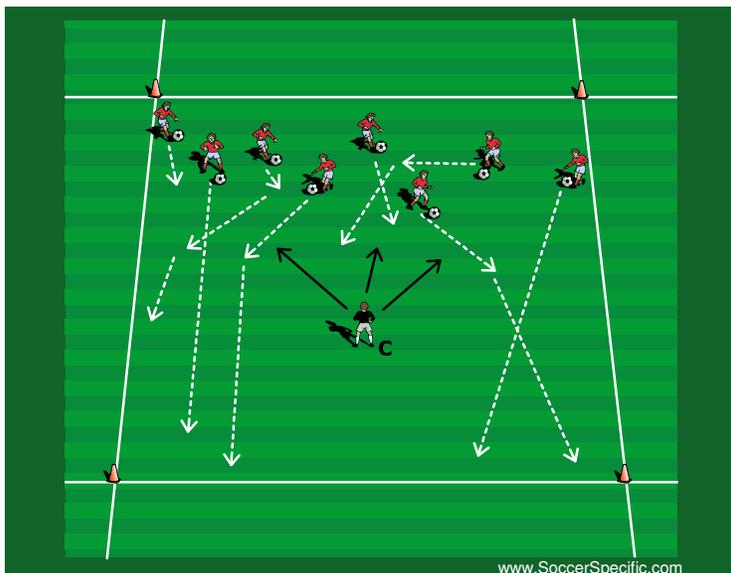


### ACTIVITY #1

**Set up:** Red Light, Green Light. Your 20X20yd grid can be adjusted according to how many players you have. Everybody needs their own ball.

**Instructions:** The players line up with a ball at one end of the grid. The coach stands at the other end, turns away from the players (position A), and calls out "green light". After a few seconds, the coach yells "red light" and turns around (position B). The players have to stop the ball with the sole of their foot and freeze. If the coach sees them moving or they do not have their ball, they have to return to the starting line. The first player to hit the coach with the ball wins the game. Repeat.

**Coaching Points:** Emphasis on dribbling at speed while maintaining control of the ball. Keep your head up, knees bent and listen for instruction. Focus on the ability to stop the ball effectively as well as change of speed. Parts of the foot include outside and instep.

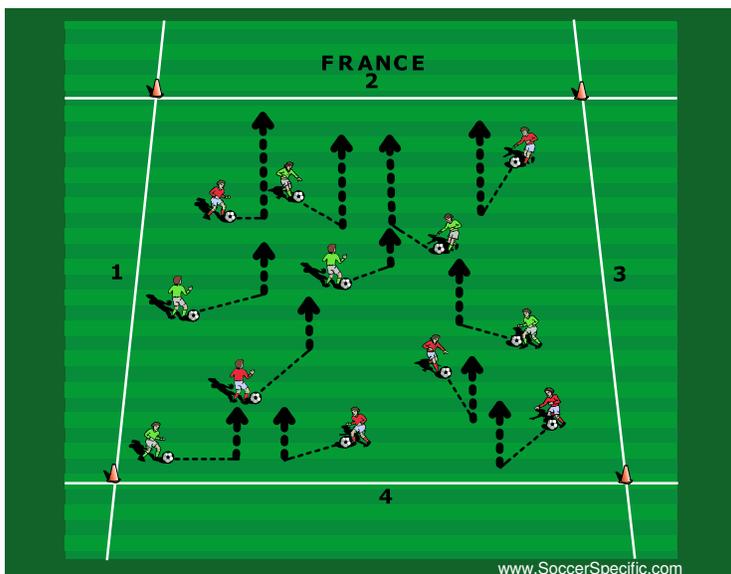


### ACTIVITY #2

**Set up:** Sharks and Minnows. Your 20X20yd grid can be adjusted according to the amount of players you have. The players line up at one end of the grid with a ball. The players are the minnows and the coach(s) is the shark.

**Instructions:** The shark forgot to eat breakfast this morning and is very hungry. The minnows have to swim/dribble to the other end without the shark touching their ball. The coach shouts "swim away Fishes!" If the minnow's ball is touched, they become the shark. Variations include: When there are several sharks make it easier on the minnows by requiring several sharks to hold hands. If they let go of each others hands, they cannot catch the minnow. If the minnow travels outside the grid, they become the shark.

**Coaching Points:** Dribble away from pressure (shark) and attack the open spaces. Keep your head up and the ball close to the feet. Shield your ball and emphasize a change of pace.

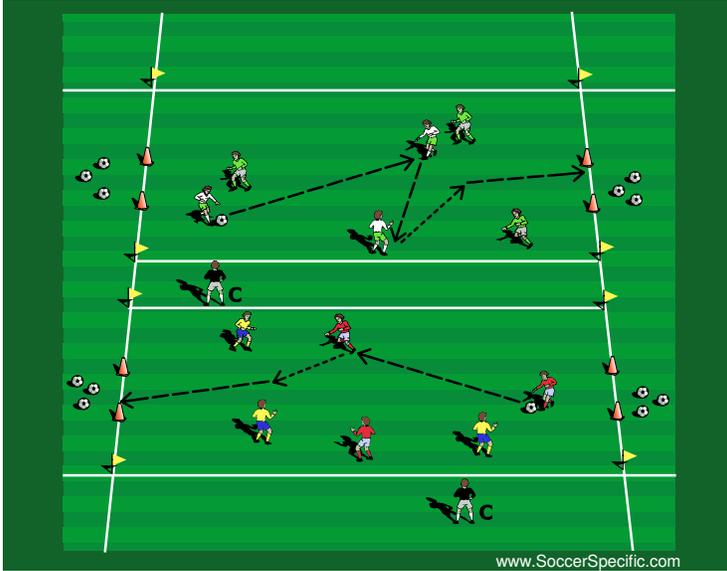


### ACTIVITY #3

**Set up:** World Cup Nations. Your 20X20 grid can be altered depending on how many players you have. Every player needs his/her own ball. Have players label each side of the grid a nation in the recent World Cup (Indicated in the picture as #1,2,3, and 4)

**Instructions:** Start the players dribbling around the square. The coach calls out one of the "nations". Players must dribble to that side, as shown towards #2 in the picture. Upon their arrival have them do something fun related to that nation (ie. France: Stand like the Eiffel Tower). All return to dribbling in the grid. Call out another nation and repeat.

**Coaching Points:** Variations include; make it an individual competition or make it a team competition. Put the two teams in different colors and whole ever team arrives first is named the winner. Keep score. Keep the ball close to your body. Emphasize change of direction and keeping your head up in traffic.



#### ACTIVITY #4

**Set up:** 3V3 or 4V4 Parallel Game Set-up. No goalkeepers. Field size is 20X30 yards with two goals made out of cones located on each end line and can be adjusted according to the level of play. Multiple fields are set up so everybody is involved.

**Instructions:** 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.