

ACTIVITY #1

Set up: each player with ball and in space

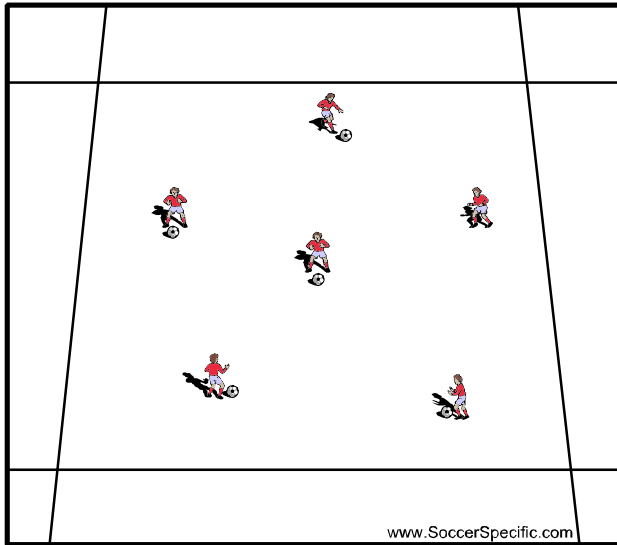
Instructions: Climb the ladder; juggle once, catch, juggle twice, catch, juggle three times, catch, etc. Start back at one if ball is dropped.

Settle the ball: players asked to toss ball in air (head height) and take ball to ground with inside/outside/top of foot.

Coaching Points: -eyes on the ball

-active feet (on your toes)

- when settling w/ inside outside of foot, touch ball back into ground at downward angle.



ACTIVITY #2

Set up: All players with ball inside of grid

Instructions: Players dribble and move with ball. On coaches command make goofy stop (stomach, knee, head, bottom of foot etc), use skills (favorite move/turn), go fast, go slow, do inside taps, do toe taps, sole rolls/drags, or toss a ball into air and settle it.

Also take some time to practice juggling.

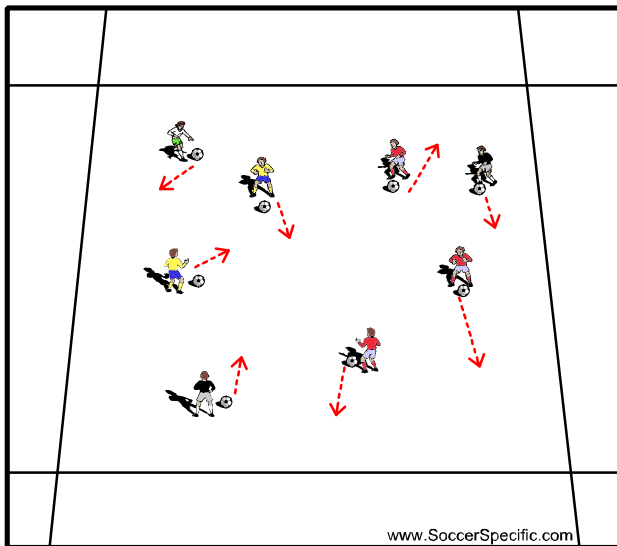
Coaching Points: -close control of the ball to make quicker stops.

-bring ball down with inside or outside of foot. touch ball back into ground to new space

-find new space

-on balls of feet

-use all parts of foot



ACTIVITY #3

Set up: 20x15. Two teams each lined up on sidelines by coach. coach with a collection of balls.

Instructions: 1v1 to goals (designated or non-designated).

Coach rolls ball into grid and first players in line go play 1v1.

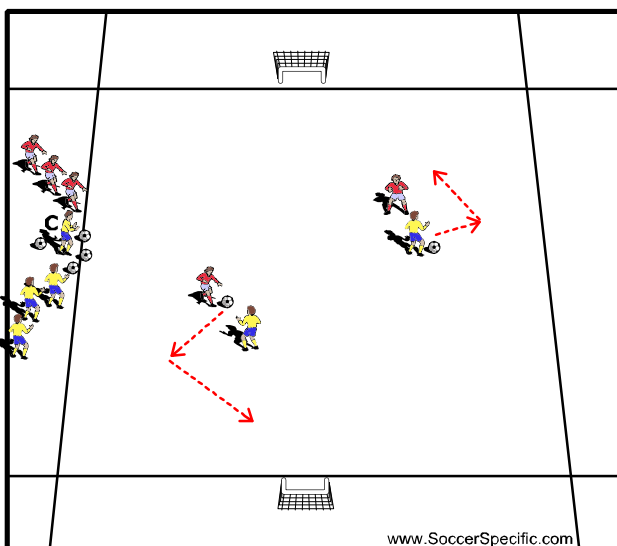
Put in two balls at once to keep game active/energetic. Player brings ball back to coach. Of group is taking a long time coach can call 'Get Outta Here'

Coaching Points: change of pace

change of direction

inside taps

favorite move/turn

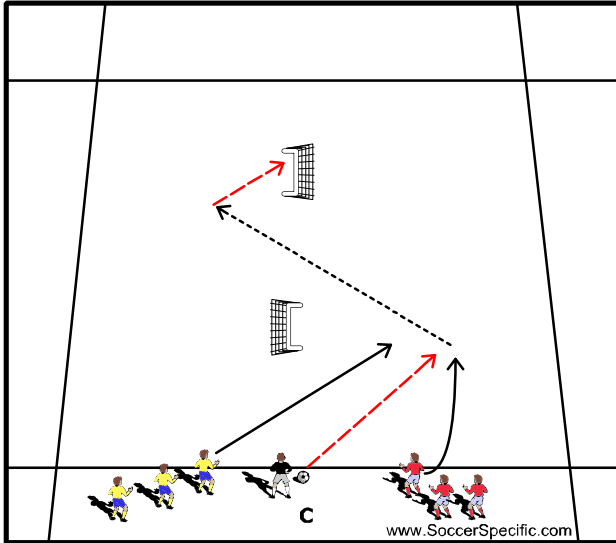


ACTIVITY #4

Set up: Divide group into 2 teams. line up on each side of coach. two pop up goals in center of goal facing the sidelines.

Instructions: Coach plays a ball out to one side. 2 players play 1v1. Bonus point for crossing center of grid. Play 2 sets of 1v1 at a time.

Coaching Points: -close control
-change of direction
-change of pace
-1v1 moves/turns



ACTIVITY #5

Set up: 15 yards long x 20/25 yards wide. three teams (2 playing, 1 resting)

Instructions: teams attack 2 goals (either at same end or diagonal...players/coaches to determine before activity starts). Play for 2 mins. Rotate team off.

Coaching Points: use individual skills within a team setting decisions making about which goal is easier to attack

