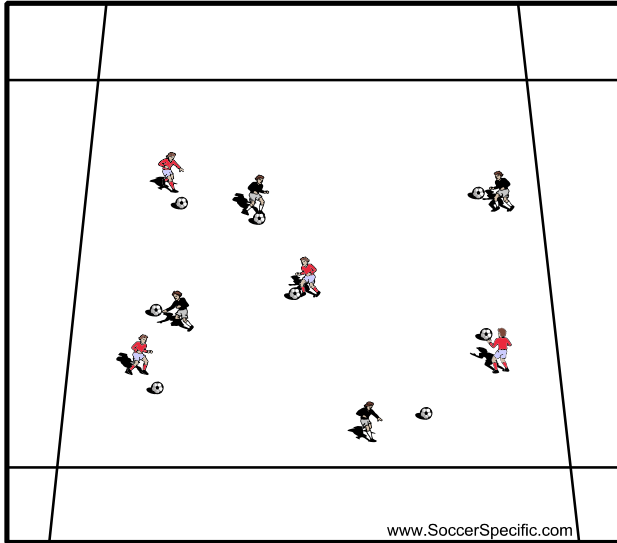


### ACTIVITY #1

**Set up:** 25X25 ALL WITH A BALL 15MINS  
**Instructions:** TECHNIQUE DRIBBLING; BALL BOX, LACES, TOE TAPS, SOLE ROLES, TRICKS AND TURNS. PROGRESS TO GAMES OF TAG

**Coaching Points:** DRIBBLING TECH. ALL PARTS OF FOOT. MOVES, CHANGE OF SPEED/DIRECTION, DECEPTION TO UNBALANCE

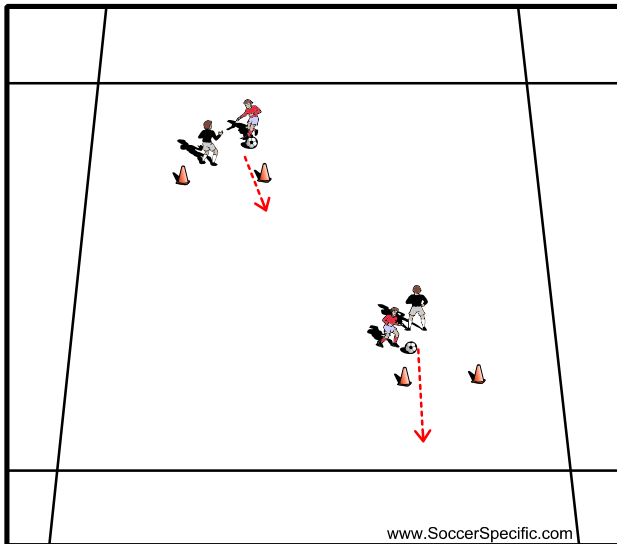


### ACTIVITY #2

**Set up:** 25X25 GRID WITH 2YD GATES PER PAIR, BALL BETWEEN 2 15 MINS

**Instructions:** PLAYERS COMPETE TO SCORE BY PASSING THRU 1 POINT, OR DRIBBLING THRU 3 POINTS THE GATE, BONUS FOR MEGS! SCORE THRU EITHER SIDE

**Coaching Points:** ALL PREVIOUS POINTS, CREATIVITY, SCHEME!

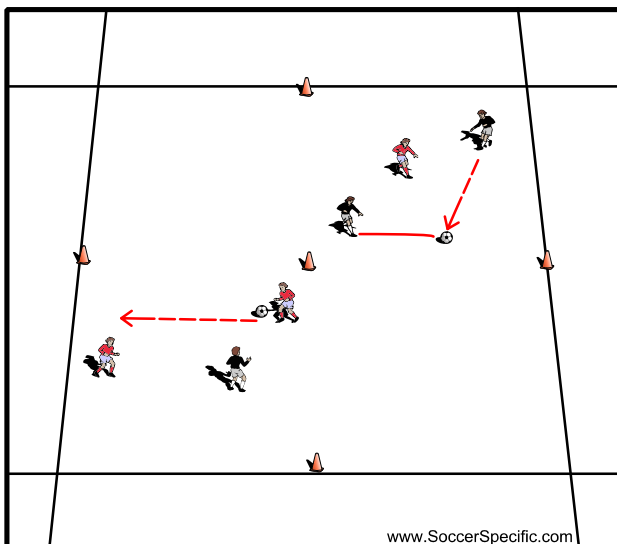


### ACTIVITY #3

**Set up:** 10X10 YD GRIDS 2V1 BALL PER GROUP

**Instructions:** PLAYERS COMPETE 2V1 TO POSSESS BALL IN TIGHT AREA, DEFENDER SWITCHES UPON WINNING BALL

**Coaching Points:** ALL PREVIOUS BUT CHANGE OF DIRECTION AND DECEPTION KEY TO KEEPING BALL IN TIGHT AREAS



**ACTIVITY #4**

**Set up:** 25X25 4 GOALS 8 PLAYERS 2V2 IN GRID TO TEAMMATES IN OPPOSITE GOALS

**Instructions:** PLAYERS COMPETE AND SCORE 1 PT FOR PLAYING TO TEAMMATE IN A GOAL, 3 PTS FOR COMBINING WITHIN GRID BEFORE SCORING

**Coaching Points:** LET THEM PLAY!

