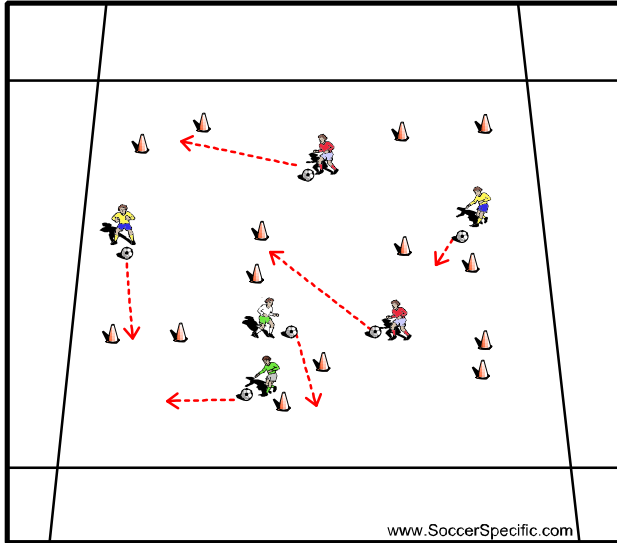


ACTIVITY #1

- Set up:** Set out gates throughout a grid. all players have ball
- Instructions:**
- How many gates can a player get through in X seconds?
 - How many gates can a player dribble and turn back through in X seconds?
 - figure 8's around cones
 - review scissors technique

- Coaching Points:** Close control
Accelerate after turn to get to next gate quickly
head up avoid collisions

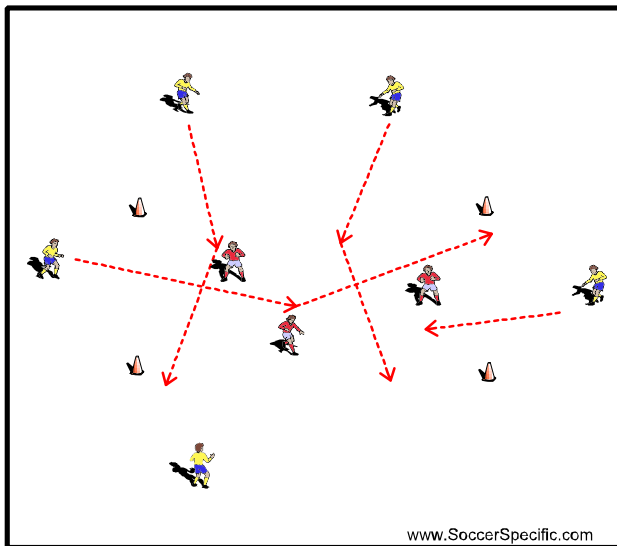


ACTIVITY #2

- Set up:** 15x10 yard space with extra room around the outside. 2-3 defenders inside grid. Remaining players outside of grid with ball

- Instructions:** Defenders stay inside grid. attackers attempt to dribble through grid. 1 point for short direction, 3 pts for long direction

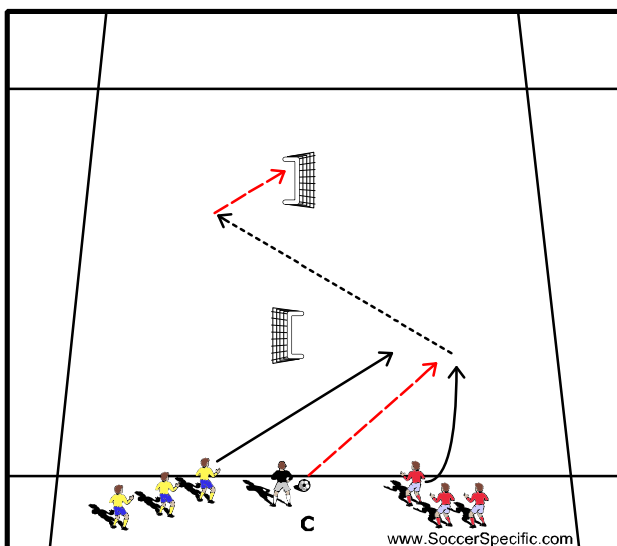
- Coaching Points:** close control
head up
timing
change of direction
change of pace
1v1 moves/feints



ACTIVITY #3

- 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 #4

Set up: 3v3/2v2. Approx. 15x25 to popup or cone goals

Instructions:

Coaching Points:

