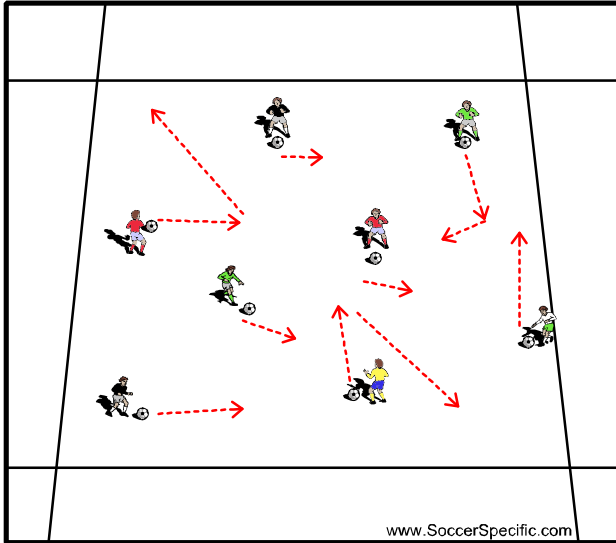


ACTIVITY #1

Set up: each player with ball inside of grid.

Instructions: players pick favorite color and their ball is a paintbrush. Ask them to paint every blade of grass in the grid. encourage the use of all surfaces of each foot (sole, little toe, big toe). Ask players to use specific moves or certain part of foot for a short time

Coaching Points: close control
movement with ball
head up (awareness of others)

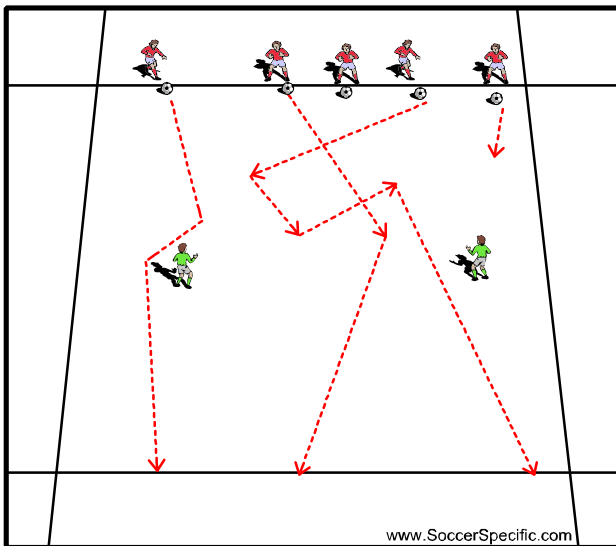


ACTIVITY #2

Set up: Players line up on one side of grid. two taggers with bibs in hand

Instructions: If tackled by tagger get their bib and become new defender

Coaching Points: -1v1 moves
-change of pace
-change angle of ball after move
-acceleration

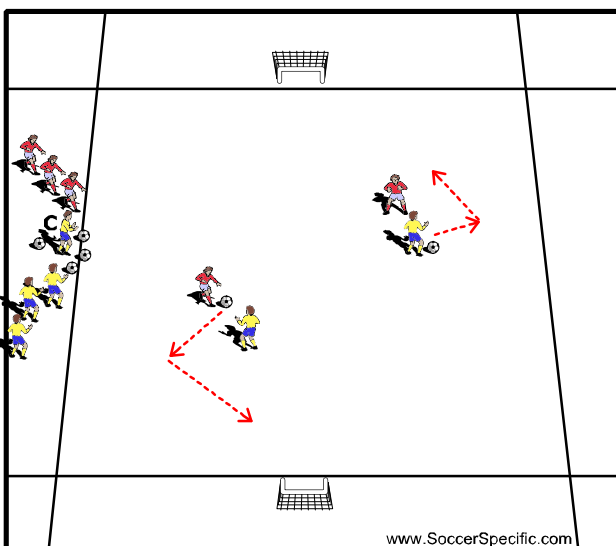


ACTIVITY #3

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

Instructions:

Coaching Points:

