

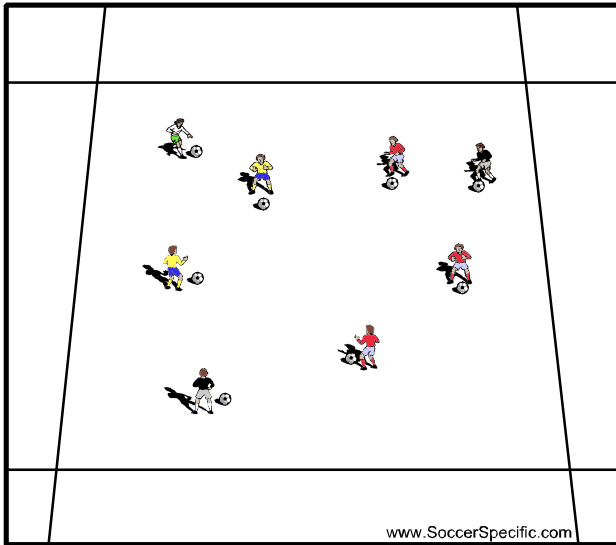
### ACTIVITY #1

**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), or toss a ball into air and settle it.

Also take some time to practice juggling.

**Coaching Points:** -control the ball to make quicker stops.  
-bring ball down with inside or outside of foot. touch ball back into ground to kill it.

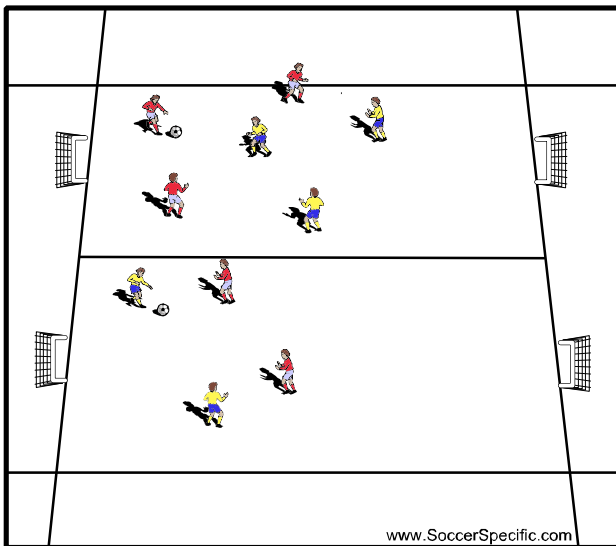


### ACTIVITY #2

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

**Instructions:**

**Coaching Points:**



### ACTIVITY #3

**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:** Type Coaching Points Here...

