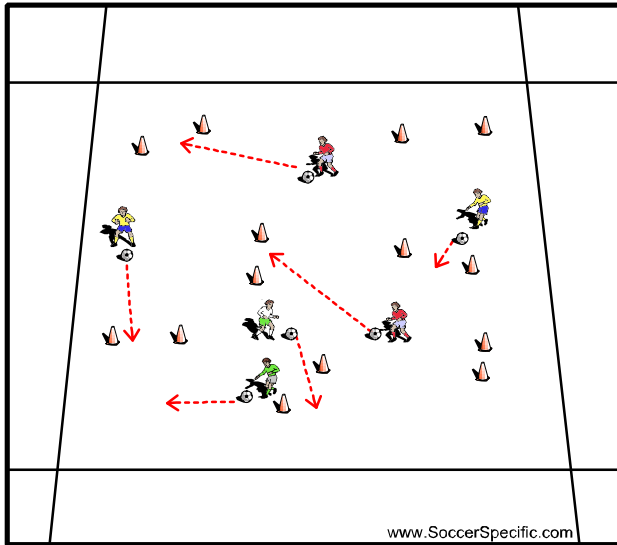


ACTIVITY #1

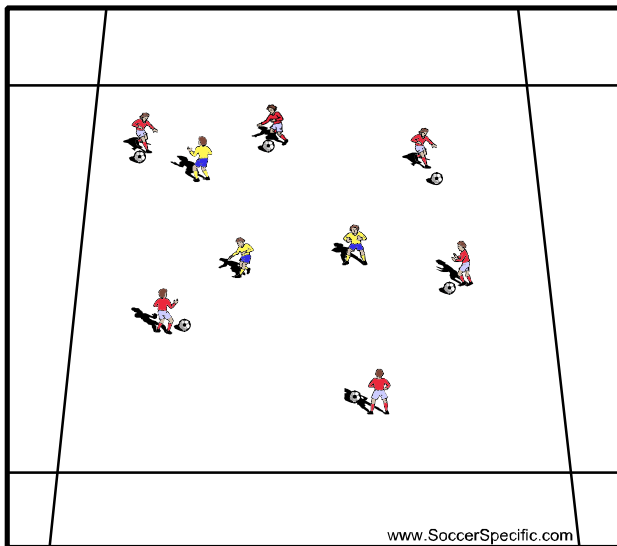
- Set up:** Set out gates throughout a grid. all players have ball
- Instructions:**
- How many gates can a player get through in X seconds?
 - How many gates can a player dribble and turn back through in X seconds?
 - figure 8's around cones
 - review scissors technique

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



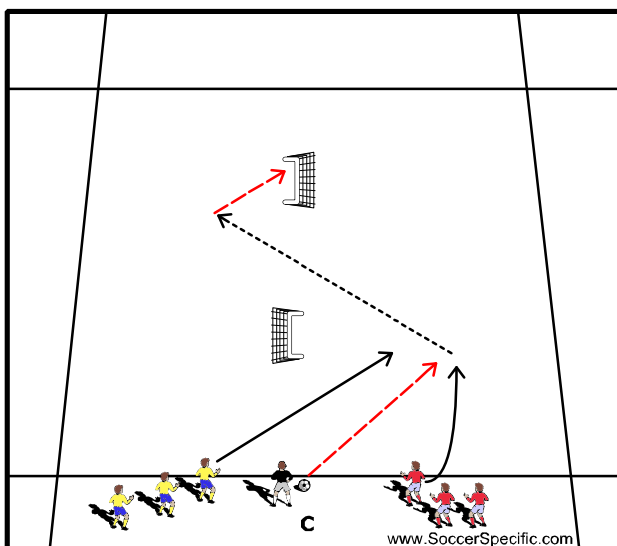
ACTIVITY #2

- Set up:** Use full grid. 2-3 taggers without ball. Taggers should hold penny in hand. Everyone else has ball
- Instructions:** taggers try to tag others. When tagged player must raise arm and continue to dribble. 2 arms on second time tagged. 3 times tagged and you are a tagger.
- Coaching Points:**
- head up to see taggers
 - close ball control
 - change of pace
 - change of direction



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:

