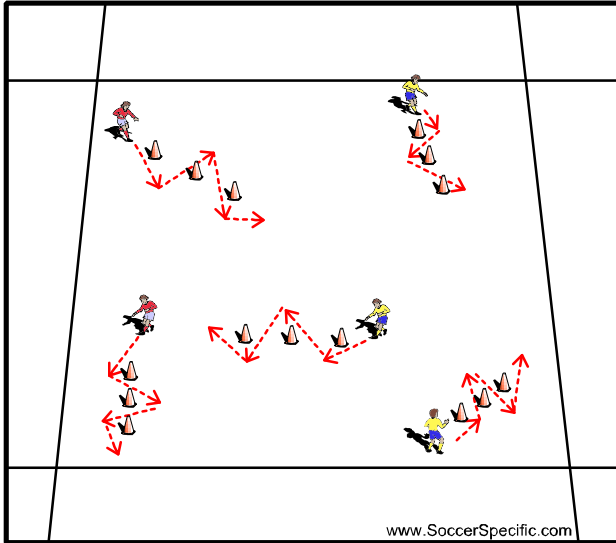


### ACTIVITY #1

**Set up:** Set up Slalom gate throughout grid. All players with ball.

**Instructions:** Players dribble, controlling the ball, through the slalom gates. How many can you get in X seconds?

**Coaching Points:** Control the ball  
use both feet  
head up to avoid collisions  
accelerate out of zig zags

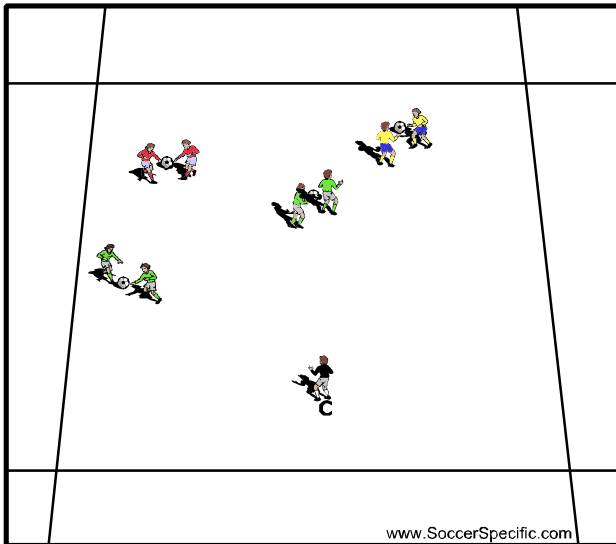


### ACTIVITY #2

**Set up:** Bring It Back: Players in pairs. Each pair with ball.

**Instructions:** Coach throws a ball into space. Players run to retrieve ball. Coach gives pairs challenges such as one foot and one hand or one back and a foot. Challenge their problem solving and their balance.

**Coaching Points:**

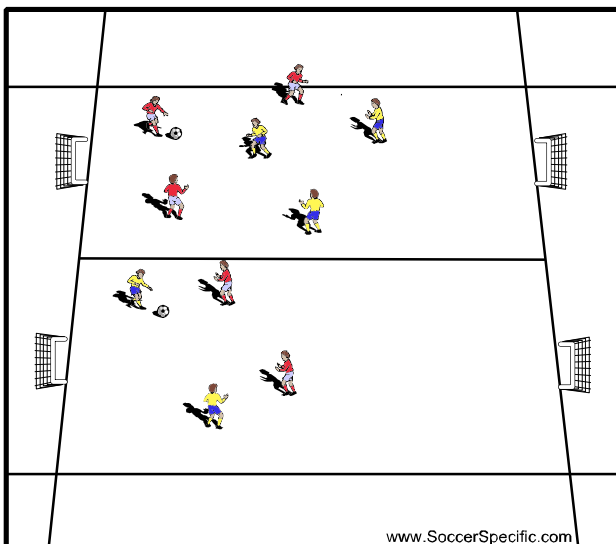


### ACTIVITY #3

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

**Instructions:**

**Coaching Points:**



**ACTIVITY #4**

**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:** use individual skills within a team setting decisions making about which goal is easier to attack

