

ACTIVITY #1

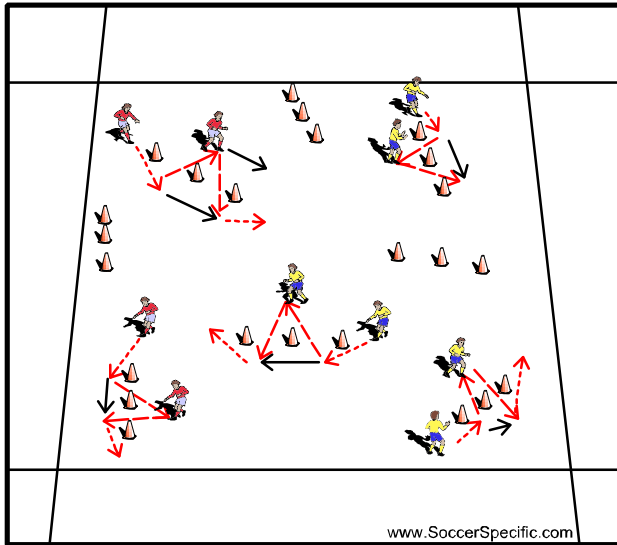
Set up: Set up Slalom gate throughout grid. Player in pairs, each pair with a ball

Instructions: Players dribble, controlling the ball, and pass through the slaloms with partner. How many slaloms can you get in X seconds? ONE TEAM PER SLALOM AT A TIME

Coaching Points: Control the ball

Head up to see partner and avoid collisions'

Proper passing technique (toe up, ankle locked, knee bent, plant foot by ball pointing at target)



ACTIVITY #2

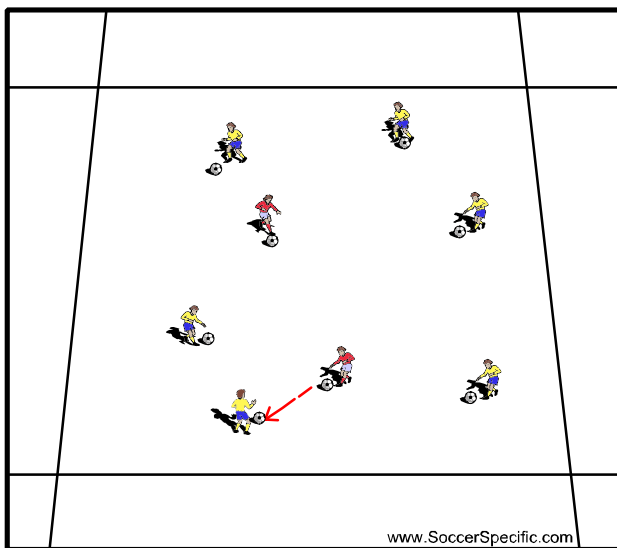
Set up: 15x20 grid. all players with ball. two or 3 players are 'it' at a time with penny on

Instructions: 'it' players try to strike as many balls as possible in a certain amount of time. if a ball is struck the non-it players must do 5 toe taps then may continue to dribble and avoid having their ball struck.

Coaching Points: - how can you avoid it players

-Can 'it' players use proper passing technique to have increased success

-can 'it' players play the ball into space in order to hit a running player



ACTIVITY #3

Set up: 4v4, 20x25 w/ pop up goals.

Instructions: Water break every 8-10 minutes. Mix teams at this time as well.

Coaching Points: Encourage footskills and spacing. Positive reinforcement is essential

