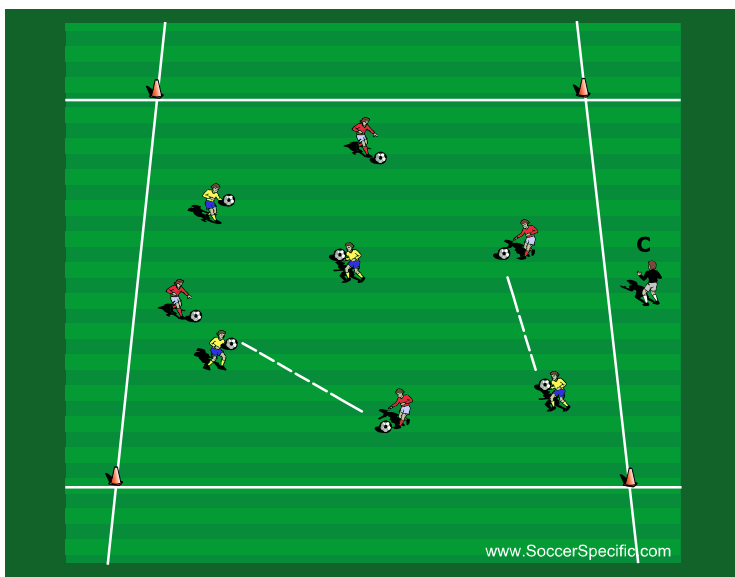


ACTIVITY #1

Set up: 30 yards wide by 40 yards long field. Every player with a ball. Players dribble their ball around the area.

Instructions: Players attempt to tag as many other players; a tag = tapping another player's shoulder. If a player dribbles the ball out of the area, they must do 15 toe-taps (touching the top of the ball with the sole of the foot; alternating feet left and right).

Coaching Points: Dribbling on the move; dribbling to escape from defenders. Speed dribbling. Control dribbling.

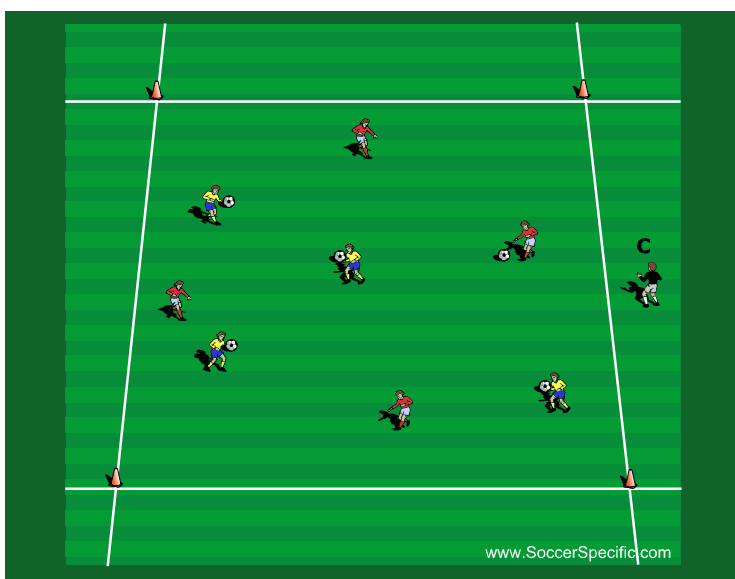


ACTIVITY #2

Set up: 30 yards wide by 40 yards long field. Every player with a ball.

Instructions: Two teams; red v. yellow. One team with the ball in their hands and the other team with the ball at their feet. The team with the ball in their hands must attempt to 'bowl' the ball on the ground and hit the other team's soccer balls. There is no throwing the ball down at a ball - the ball must be rolled on the ground for the point to count. Play for 1minute 30seconds; team that is trying to collect points, gets together, counts points and quietly gives the point total to the coach. Switch roles of the players. See which team can get hit the LEAST.

Coaching Points: Dribbling on the move; dribbling to escape from defenders. Speed dribbling. Control dribbling.

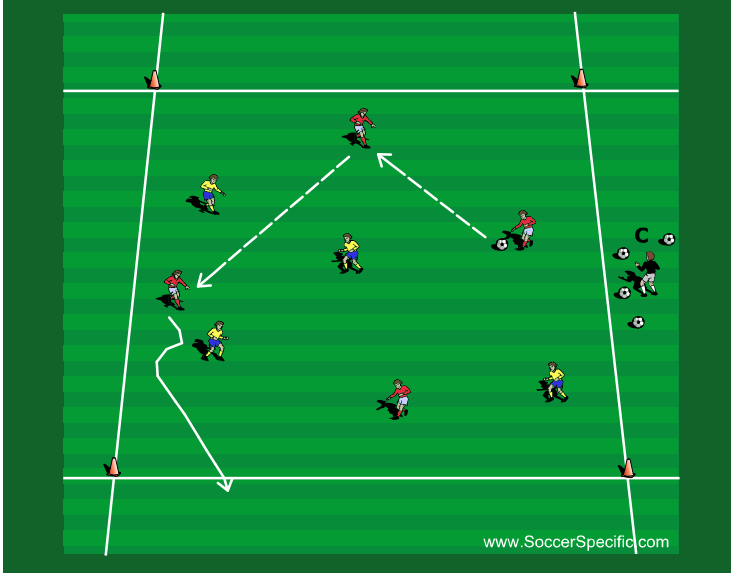


ACTIVITY #3

Set up: 30 yards wide by 40 yards long field. One team with a soccer ball each; other team with only one soccer ball.

Instructions: Team with the one soccer ball looks to keep moving with the dribble or pass. The team with the soccer balls in their hands must attempt to 'bowl' their ball to hit the one ball = a point.

Coaching Points: Dribbling on the move; dribbling to escape from defenders. Speed dribbling. Control dribbling. Passing and possession.

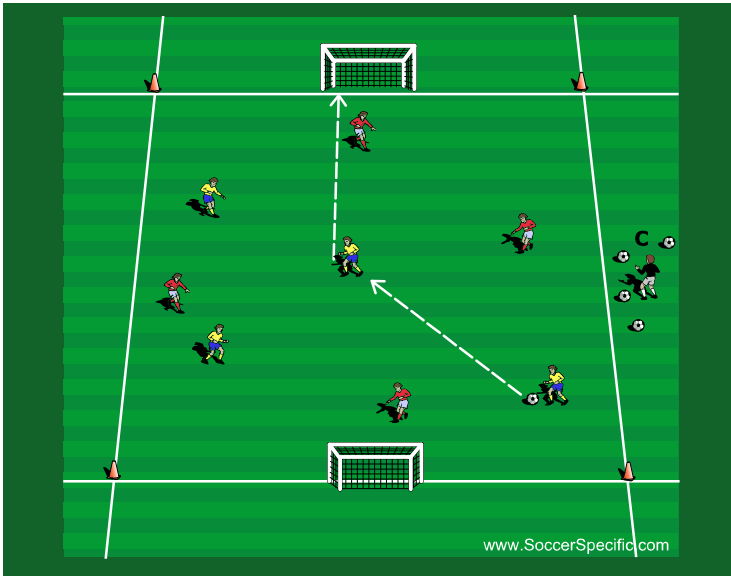


ACTIVITY #4

Set up: 30 yards wide by 40 yards long field. Two teams, one soccer ball.

Instructions: Play to end lines. If a team can dribble the ball past the end line = a goal. Players may pass the ball for possession until the opportunity opens to dribble. Play games to 3 goals or play for 3-4 minutes. Limit the time or goals so that it becomes competitive. Variations include: players must take 5 touches before they pass (forcing them to dribble), players can only take 2 touches (forcing them to pass) or players can pass the ball past the end line to a teammate running on to the ball for a goal.

Coaching Points: Dribbling on the move; dribbling to escape from defenders. Speed dribbling. Control dribbling. Passing and possession.



ACTIVITY #5

Set up: 30 yards wide by 40 yards long field. Two teams, one soccer ball.

Instructions: Play to two goals. Play FIFA rules; throw-ins, corners, goal kicks, etc. Look for players willing to dribble at the right times and pass at the right times; look for a flow to the game or a rhythm.

Coaching Points: Dribbling on the move; dribbling to escape from defenders. Speed dribbling. Control dribbling. Passing and possession. BE POSITIVE!