

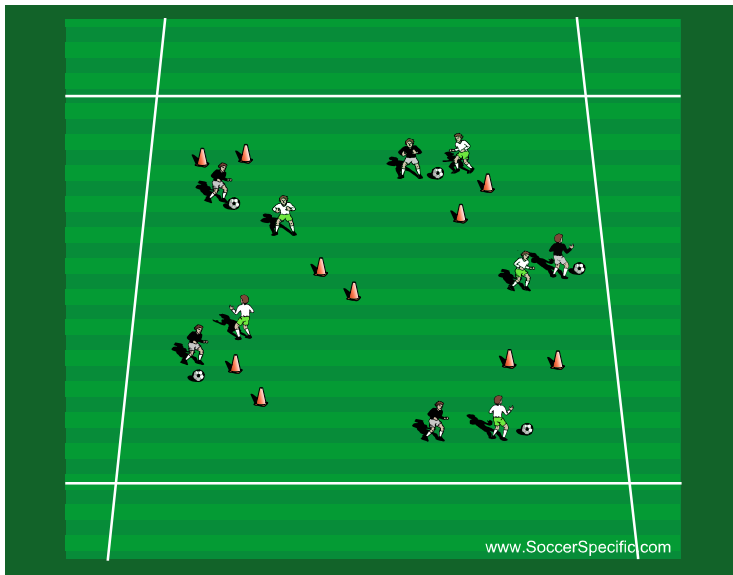
ACTIVITY #1

Set up: Dribbling Warm-Up

Grid is 20yd by 30 yds

Instructions: Only 2 Rules for the warm-up: 1) The ball must not stop moving, 2) Players feet may not stop moving (can not walk, either).

Coaching Points: Have players use only the right foot, only the left foot, only the insides, only the outsides, only the soles, only the instep (laces). When the coach yells "UP", players must bend down and kiss the ball. When coach yells "DOWN", players must jump as high as possible. When coach yells "CHANGE", players must change direction. When coach yells "SWITCH", players must switch balls with another player. When the coach yells "CHECK OUT", players must leave the ball in the middle, run around the outside of the grid, and come back to a new ball (as quickly as possible).



ACTIVITY #2

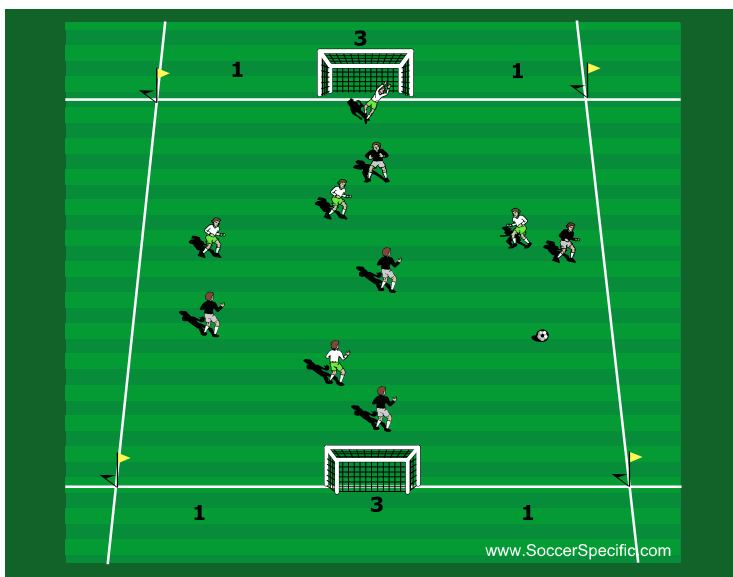
Set up: Dribbling Small Game (same size as above)

Instructions: Players partner up with an opponent. Players get a point for dribbling through the gate. The opposing player is trying to win the ball back to dribble through the gate for themselves. Players keep track of their points for 1 minute. Add up the total for each team. Pair up again with new opponent, and continue next round. Do this until everyone has played all of the opposing team.

Coaching Points: Dribbling for speed (when there is open space), players should use the instep (laces) or the outsides of the feet.

Dribble for control to get through the gate, players should use the insides or outsides to quickly change direction.

Shield the ball if you are stuck on the sideline (or in a tight space). Keep your body side-on between the ball and the opponent.



ACTIVITY #3

Set up: Dribbling Big Game - Scrimmage

Instructions: Make the field as close to full-sided as possible for this age-group (60ydx40yds). 2 teams- each defending a goal. Players get 3 points for scoring a goal, and 1 point for dribbling it across the endline.

Coaching Points: When dribbling, encourage players to keep their head up (not always looking at the ball). This will help them identify when they have space in front of them. Also encourage players to change direction and change speeds to get past a defender. Dribbling is a technique that can be done with speed and control, not simply kicking and running.