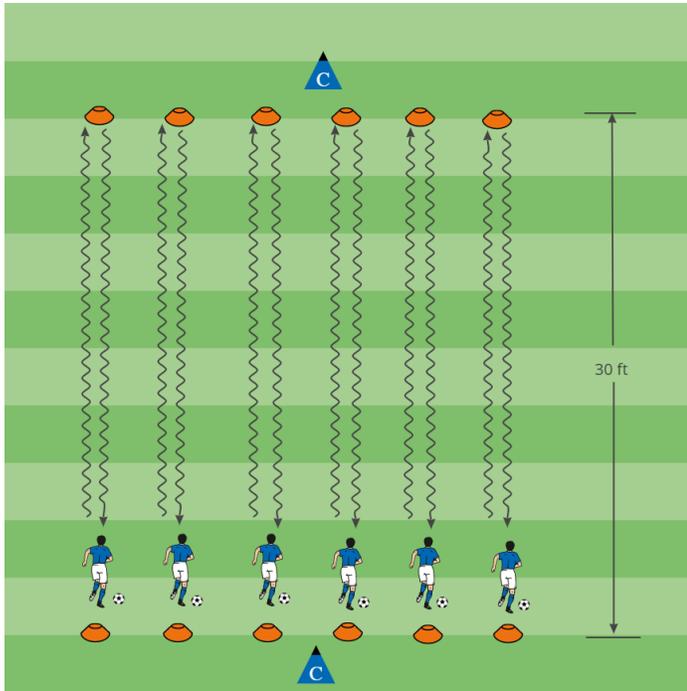


1. WARM UP



ACTIVITY: DRIBBLING BASICS

Set up a pair of cones for each player approx. 30 ft apart.
Each player has a ball.

Start with 50 toe taps, 25 each foot.

Next, 50 foundations (pass between inside of feet, in place)

Next, dribble from cone to cone using right foot only then dribble back to original cone using left foot only. Do this using the different foot surfaces:

- Outside of foot (pinky toe)
- Inside of foot (big toe)
- Laces
- Toe
- Bottom of foot (cleats)

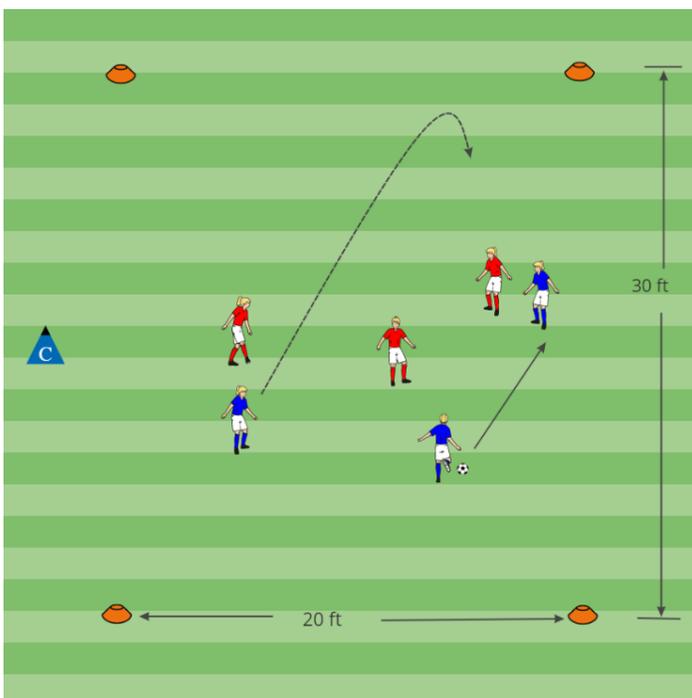
Coaches demonstrate each type of dribble.

Watch technique, correct as needed.

Stress keeping head up (hold up a number of fingers and ask players how many)

Activity Time: Approx. 10 minutes

2. SMALL-SIDED ACTIVITY



ACTIVITY: KEEP AWAY

Set up area with cones 20 ft x 30 ft.

One ball.

Divide players into two teams, 3v3.

Dribble and pass the ball to teammates so as to keep possession of the ball as long as possible.

Once ball is stolen away, team with ball now keeps the ball away from the other team.

Coach demonstrates how team in possession of the ball should use triangles so player with ball always has two passing options.

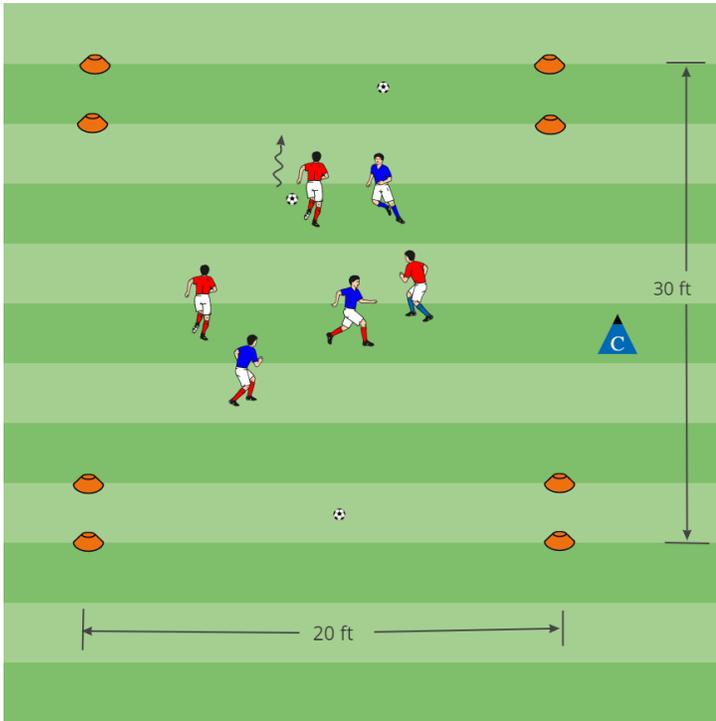
Coach asks them how to create open space.

Coach stresses keeping head up while dribbling.

Have teams count the highest number of completed passes.

Activity Time: 20 minutes

3. EXPANDED ACTIVITY



ACTIVITY: 3v3 or 4v4 END ZONE GAME

Set up area with cones 20 ft x 30 ft.

Add 5 ft end zone on both ends with cones.

Split into two teams.

Place ball in each end zone.

Coach plays third ball into game area.

The objective is to dribble the ball into the other team's end zone.

When a team is successful, they retrieve the ball out of their defending end zone and try again.

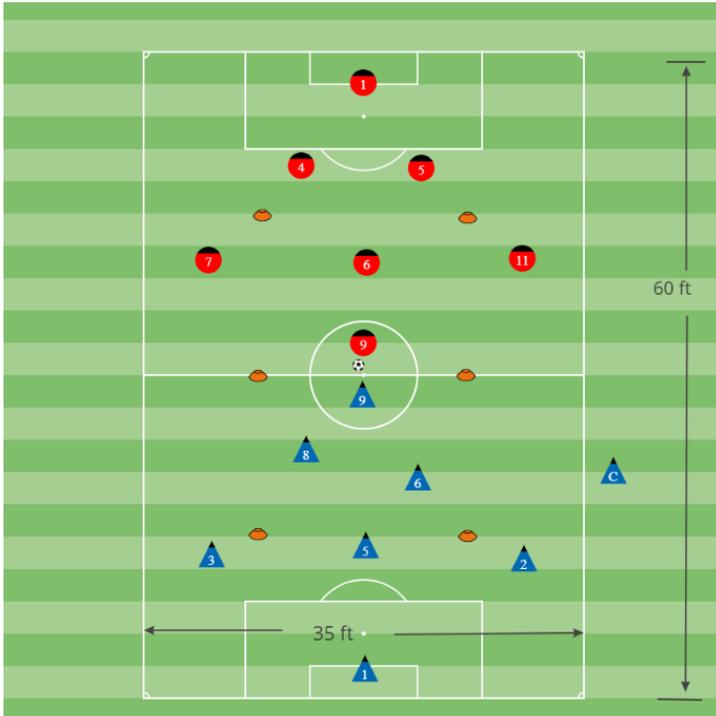
First team to get all three balls into the other team's end zone wins.

Coaches: Ask players to show how they dribble around an opponent. Observe how they interact with their teammates.

Do minimum of 4 rounds or 20 minutes total.

Activity Time: 20 minutes

4. GAME 7v7



ACTIVITY: 7v7 Game with Small Goals

Use 35 ft x 60 ft lined field (use cones if not lined) with 6 ft x 12 ft goals.

Coach choose between two formations:

1-3-2-1 or 1-2-3-1

Use cones to divide the field into three zone (left, middle, right). Use these zones to help direct players to create open space.

Play two 15 minute periods with 3 minute water break.

Coaches: Observe spacing of players. Give coaching points with regard to creating space by moving without the ball and dribbling with their heads up.

Activity Time: 33 minutes