

ACTIVITY #1

Set up: All players have a ball.

Instructions: Players dribble freely in the grid. On coaches commands to dribble using different surfaces of foot i.e. outside/inside and top of laces and pull backs. Also can have players leave ball on command and find another while protecting (shielding) while coach counts down.

Coaching Points: Body Mechanics, Agility and balance, Contact Surface of foot, Change of Direction and speed, Deception, Setting up defender, Protecting the ball (Shielding), Vision, Tactical application to the game.



ACTIVITY #2

Set up: Set up a grid and have multiple balls to keep game going.

Instructions: Sort players in teams. Object of activity is for players to dribble towards opponent end line and stop ball for a point. Players can pass but must dribble and stop on line for goal. If ball gets away coach will send in a new ball.

Coaching Points: Body Mechanics, Agility and Balance, Contact surface of foot, Change of direction and speed, Deception, Setting up defender, Protecting the ball (shielding), Vision



ACTIVITY #3

Set up: Set up grid and cones on each end to use for activity.

Instructions: Put players in two teams of 5v5 or 6v6 and have them play a game of possession but in order for them to gain a point is to dribble over cone or knock over. Once player has done this they will grab cone and run it to their side of the field. Could also use multiple balls to speed up game and have more players dribbling.

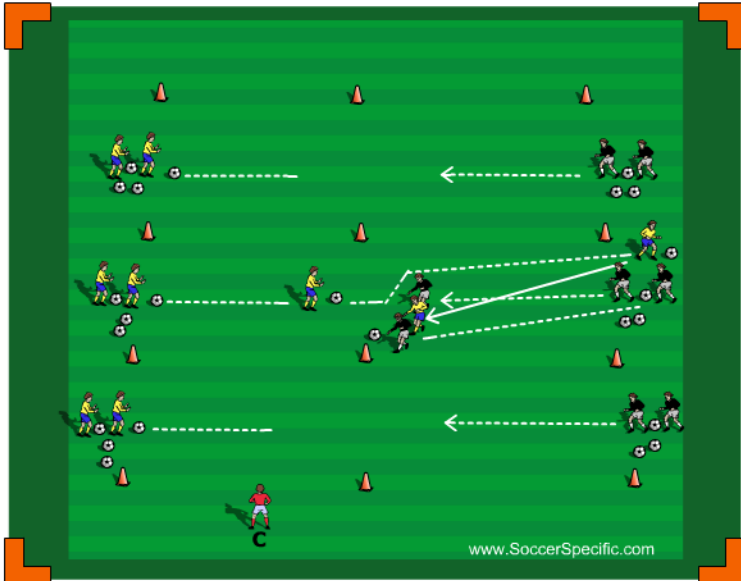
Coaching Points: Body Mechanics, Agility and balance, Contact Surface of foot, Change of Direction and speed, Deception, Setting up defender, Protecting the ball (Shielding), Vision, Tactical application to the game.

ACTIVITY #4

Set up: Set up 3 grids for 1v1 and have extra balls on each end to keep the activity going.

Instructions: Sort group into 2 teams and distribute players evenly in grid. Have one side start out dribbling and the other side start out defending. Whichever player is in possession attempts to dribble to other side. Once player has dribble over end line next player awaiting takes off with ball and player who dribbled over line has to now defend and chase to win the ball.

Coaching Points: Body Mechanics, Agility and balance, Contact Surface of foot, Change of Direction and speed, Deception, Setting up defender, Protecting the ball (Shielding), Vision, Tactical application to the game.



ACTIVITY #5

Set up: Set up Grid and have players pair up with 2 balls.

Instructions: Players will play 1v1 and use stationary ball as a target. Have one color start with the ball and the player in possession attempts to hit the ball that is stationary.

Coaching Points: Vision, Protecting the Ball, Agility and Balance, Contact surface, Change of Direction, Deception, Set up the Defender.



ACTIVITY #6

Set up: Field with goals.

Instructions: Game with no restrictions.

Coaching Points: Make appropriate coaching point on dribbling in the flow and also freeze method.

