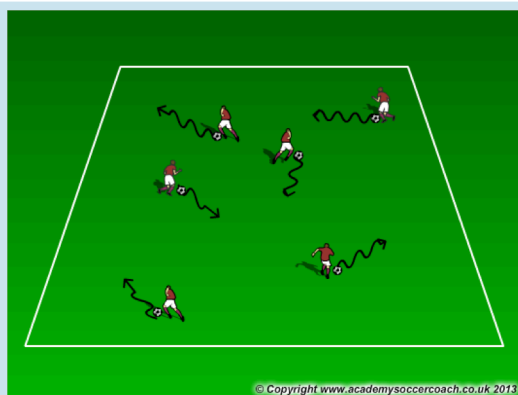




## WARM UP – Hello Game

Players all stand in a circle, including coach. Coach starts with ball in his hands, says his name and passes ball to next player. Ball continues around circle twice. Then players say the name of the person holding the ball, once they get name correct player passes ball to next player. Ball is then thrown at random AFTER player says who he is throwing it too.



## ACTIVITY – Surfaces

Each player has a ball and dribbles around in 20yds x 20yds square. Players should work through using, on coaches guidance:

- Inside of foot
- Outside of foot
- Laces
- Sole of foot

Players should dribble step – touch – step - touch



## SMALL-SIDED ACTIVITY – Stuck in the mud

Players are split into two groups, everyone has a ball. The object is to stick the other team in the mud. Players are stuck by their ball been hit by another ball. Once players are stuck they lift ball up and hold above head. They can be freed by a teammate passing the ball through their legs.



## GAME – 3 v 3

LET THEM PLAY !!