

WARM-UP – Traffic Lights

Players dribble around in square watching not to bump into anyone. Coach can say color or hold something up of the color so players have to have head up.

Green – Players move around in box

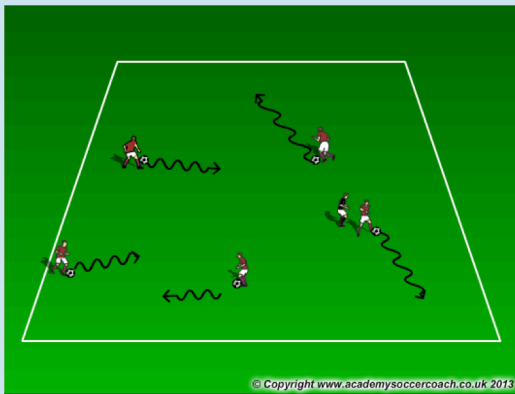
Red – Player stop by putting foot on the ball

Yellow – Players move slowly

U turn – Player perform a drag back

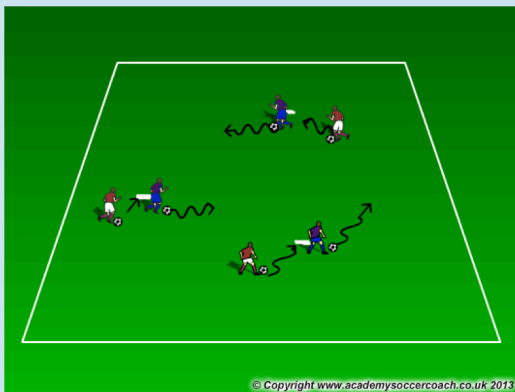
Left and right turns – players turn to side pushing with outside of foot.

Drop off – Stop ball with sole of foot and then start again with laces



SMALL-SIDED ACTIVITY – Shark Attack

All players have a ball and dribble around in square. “shark” chases players without ball and tries to kick players ball out of square. If payers ball goes out of square they must run and get it and perform 5 drag back before coming back in to game



SMALL-SIDED ACTIVITY – Foxes and Farmers

Split team into two groups – foxes and farmers. Foxes have a pinnie hanging out their shorts, creating a foxes tail. Each player has a ball and the farmers have to try and dribble the ball as they catch the foxes tail.



GAME – 3 v 3

LET THEM PLAY