

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

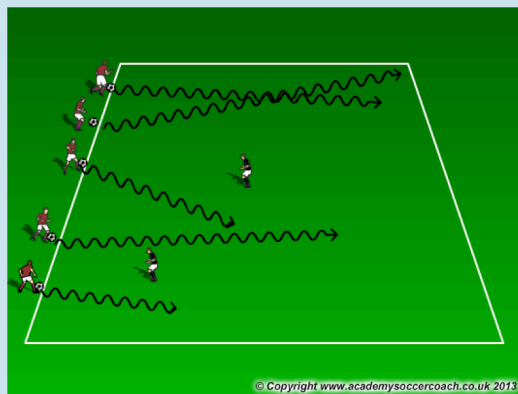
Red – Player stop by putting foot on the ball

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 – Sharks and Minnows

Minnows line up with a ball on one side of square. Shark(s) are in middle with out ball. Players have dribble across square to other side. If caught, by their ball being kicked out, minnows become sharks.



SMALL-SIDED ACTIVITY – Pirates Treasure

Mark out two areas for the pirate ships. Place all balls in middle (this is the treasure) Pirates have to collect as much treasure as they can in the time allowed. Or first one to 6 pieces of treasure wins.

- Have them go one at a time for relay race
- Have them all go together
- Let them steal from other ship



GAME – 4 v 4

LET THEM PLAY