

WARM-UP – Traffic Lights & Police cars

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. Have players be police cars chasing them around in square and kicking ball out. Must perform certain skill before coming back in

Green – Players move around in box

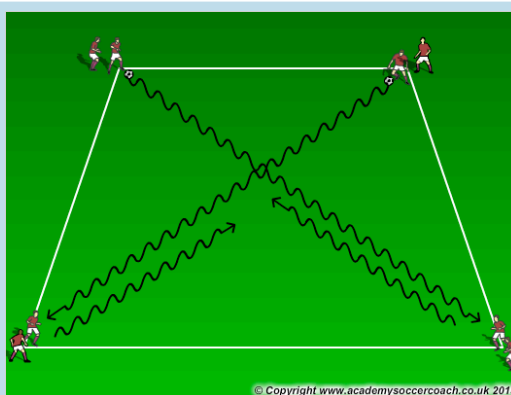
Red – Player stop by putting foot on the ball

Yellow – Players move slowly

U turn – Player perform a drag back

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

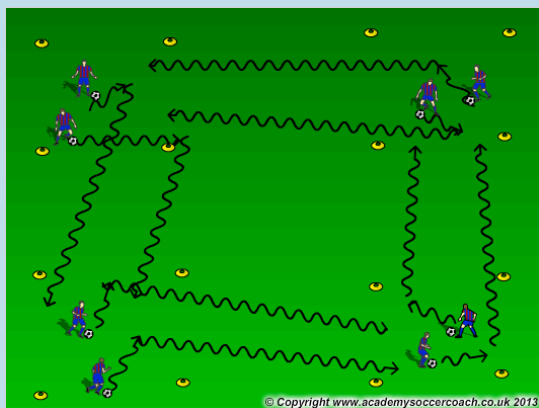
Drop off – Stop ball with sole of foot and then start again with laces



ACTIVITY – Avoiding Collisions

Players are placed equally in all corners of square. Two balls are used. Object is to dribble the ball to the opposite corner (diagonal). Then the player at corner takes the ball and dribbles back.

- ✓ Use restrictions such as left foot only
- ✓ Heads up
- ✓ Add another 2 balls if they are doing well



SMALL-SIDED ACTIVITY – Changing Squares

Divide team into 4 groups, one in each square. They dribble around in the square trying to keep the ball inside the square and not touching anyone. Use a hand signal (so they keep their head up) to signal change squares. First team to get into another square and dribbling wins. Hand signal must be to move clockwise around squares or anticlockwise.



GAME – 4 v 4

Encourage them to use turns

LET THEM PLAY !!