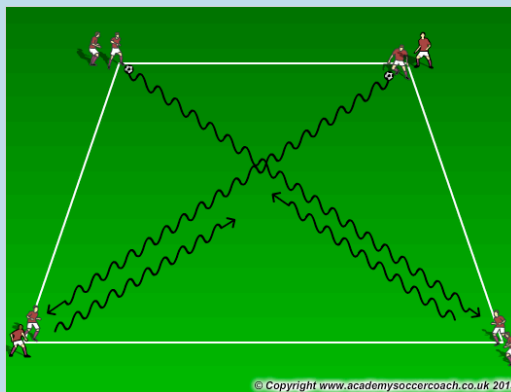


WARM-UP – Dribbling in box

Players dribble around in box. On command “1” players perform inside hook. “2” players perform Outside hook and “3” players perform drag back. You can also add in some body parts.



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 – End Zone

Two end zones. Players are split into two teams. Team scores by dribbling into the end zone and stopping the ball. Nobody without a ball is allowed in the end zone.



GAME – 4 v 4

Encourage them to use turns

LET THEM PLAY !!