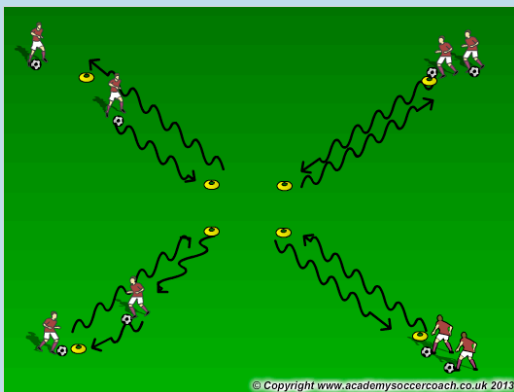


WARM-UP – Gates

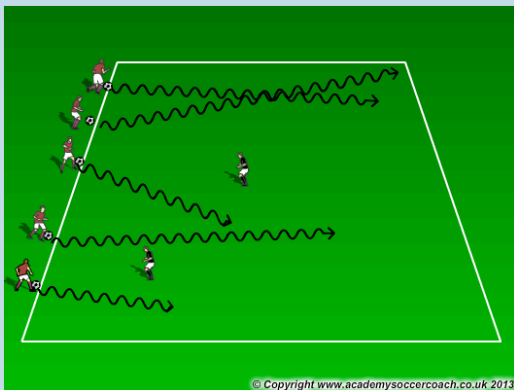
- Players dribble through the gates on the field.
- ✓ How many can they get in a minute?
 - ✓ Dribble through get perform drag back and go back through same gate
 - ✓ Dribble through gate and make left/right turn using the outside of foot
 - ✓ Dribble at gate and go around outside using outside of foot before gate



ACTIVITY – Coerver Square

Players dribble to center cone and perform turn then back to outside cone.

- Drag back, player use sole of foot to drag the ball back towards outside cone
- Outside hook. Players use outside of foot to “hook” ball backwards
- Inside hook, players use inside of foot to “hook” ball backwards



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.



GAME – 4 v 4

Encourage them to use turns

LET THEM PLAY !!