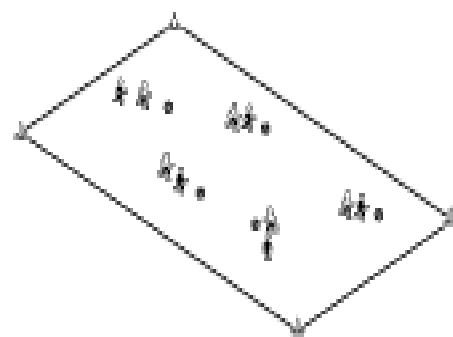




**1) Free Dribble**---Everyone with a ball, use inside, outside, and sole of the foot to turn away from pressure. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot). Coach calls out moves (giving each move the name of a female or male U.S. National Team member is quite effective) or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* Have players work on moves to beat pressure, such as step over, double step over, etc, etc. *Version 3:* Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot. Again, the coach can challenge the players by saying “I’m going to pick out two of you to demonstrate for the group.” Then ask the other players to watch the player closest to them. (15 minutes)

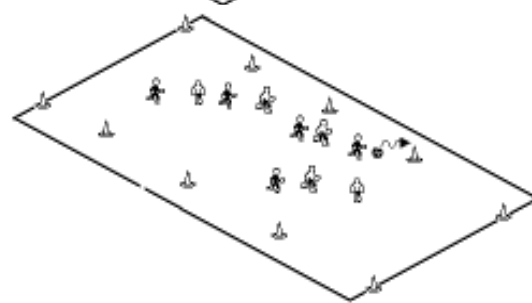
**2) Shield-Steal**---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. (15 minutes)



**3) 2 vs. 2 to Four Cross Goals**---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 10yds x 10yds. Have one team of 2 on deck, they come on when a team gets scored on twice. Game is continuous, they must run on immediately. (15 minutes)



**4) End Zone Dribbling Game**---Team comprised of 4-6 players depending on numbers and space. To score you must dribble into the opponent’s end zone while under control (created with discs). Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball. (20 minutes)



**5) 6v6 To Goals**--- Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. Perhaps stop the game 1-2 times to highlight good dribbling and opportunities that are there to take people on in the right part of the field. (25 minutes)