

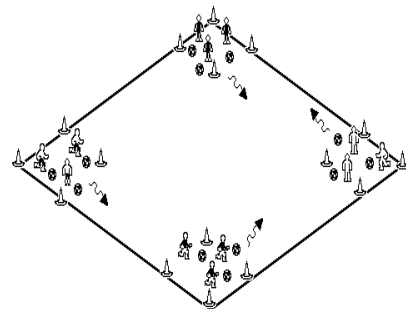


1) Juggling---Everyone with a ball. Players practice keeping the ball in the air with feet, thighs, and head. Players count how many times they touch the ball before it drops to the ground. (8 minutes)

2) Paint the Field---Every player dribbles their ball in the area defined. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid. *Version 2:* For U8, have players work in pairs. Partners paint by passing the ball to each other on the ground. The ball only paints the area when the ball is on the ground and it paints the lines created by the pass. See how much of the area they can cover by passing and moving to a new space. *Version 3:* Ask the players to dribble or pass using only their left or right foot or to pass using the outside of their feet. (8 minutes)

3) Red light/Green light---All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.). (8 minutes)

4) Planets---Set up cones into multiple squares or triangles that serve as planets (or cities). All players must follow coach’s order and dribble into the planet he calls out. Coach can have all players follow same directions or break up team so they start at different planets and then have them dribble through the solar system in clockwise or counterclockwise fashion. Coach can have groups dribble in opposite direction through the solar system. (8 minutes)



5) Get Outta Here---Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players run out and try to score on each other’s goal. If the ball goes in the goal or out of bounds, the coach yells “get outta here” and plays in a new ball immediately for the next two players. *Version 2:* Coach can stop yelling “get outta here” after a while and see if players recognize when balls go out and are attentive. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. (10 minutes)

