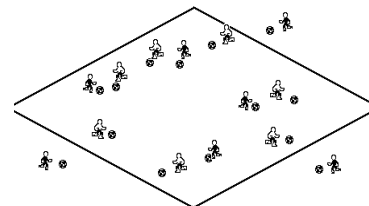


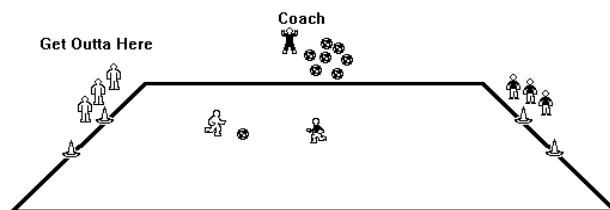


1) **Free Dribble**---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (15 minutes)

2) **Knock Out**---In same space as previous activity have players dribble balls while trying to knock other player's balls out of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times). (10 minutes)



3) **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 (one from each team) run out and try to score on each other's goal by dribbling through it. 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. *Version 4:* Have the first two players from each group come out each time a new ball is played they play 2 vs. 2. *Version 5: Numbers*---Same set up as Get Outta Here, but teams assign numbers (1-6) to each player and when coach calls out a number, the players from each team with that number come out to play 1 vs. 1. Coach can set up particular match-ups and can call out more than one number at a time for 2 vs. 2 or 3 vs. 3 etc. (15 minutes)



4) **6v6 To Goals**---In a 45x35 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game, perhaps stopping 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. (20 minutes)