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| Introduction | Coaches | The rules….   * No hands * Foot on the ball when coach is talking * Freeze when you hear the whistle * No throwing the ball in the air * Have Fun |
| Demonstration | Dribbling | What parts of the foot can you dribble with? |
| Human Obstacle Course |  | 3 teams. Ask one player to get in a position they are comfortable with; ie standing with legs apart, rolled up in a ball, or on their hands and knees. 1st player goes around and then gets into position & so forth. After all players have done through, add a ball per player and they must dribble through the course. |
|  | **DRINK BREAK** |  |
| Off to the Zoo | Improve body control, agility, balance & imagination | Have all players move around in the center without a ball imitating an animal that you call out. You should have a variety of animals, which will change the player’s action from crawling to standing to flying to swimming movements. Once the players understand the activity, give each player a ball and see how well they players deal with making flying or swimming motions with the ball. |
|  | **DRINK BREAK** |  |
| Hold ‘em Up | Dribbling with head up | Without a ball, each player runs around in an area with the coach standing in the middle. While each player runs around, the coach holds up an object(different colored cards, shirts, or use fingers as numbers) and on his cue, each player must look up and yell out whatever color or number the coach is showing, After 5-10mins, have players perform the same activity with their soccer ball. |
|  | **DRINK BREAK** |  |
| Cats & Dogs | Dribbling; game situation | Each player will have a ball with the exception of the Dogs who are in the middle of the play area. Cats will be lined up on the touchline with a ball. Mission is for the cats to dribble from one line to the next without being caught by a dog. |
| Game | 3v3 | Use flags in the middle. Players can score from either side of the goal. |