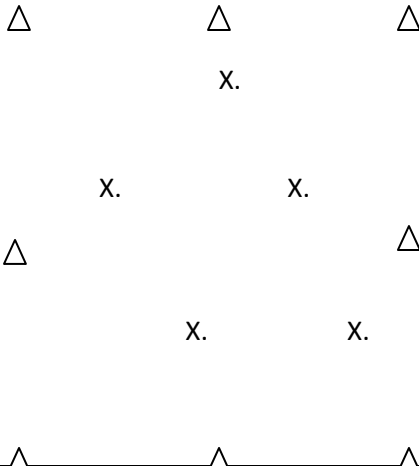
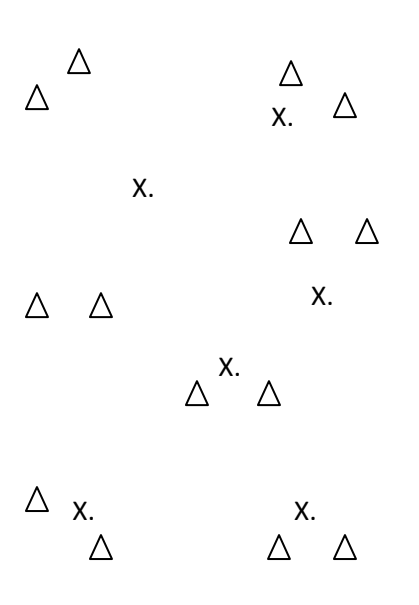
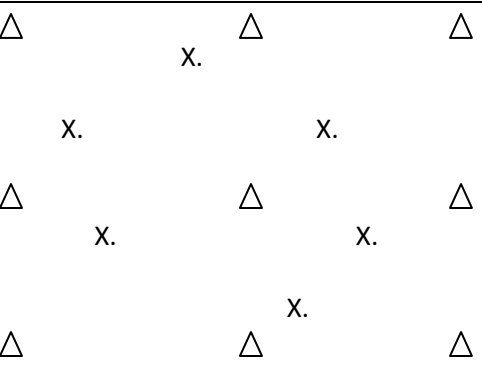
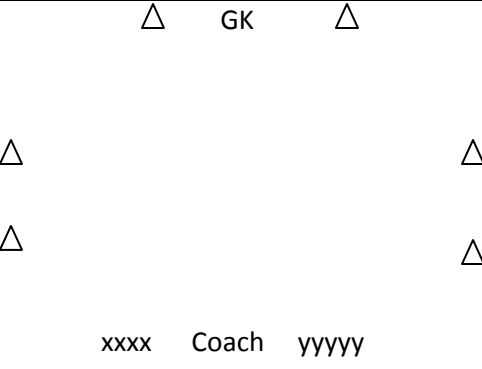
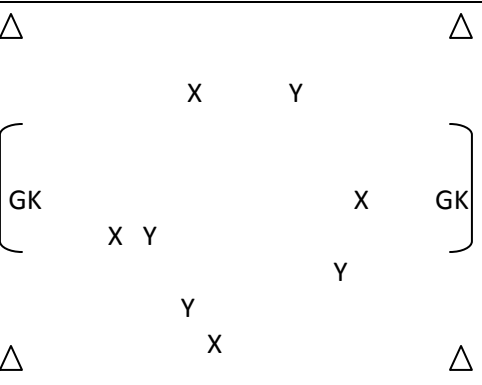


ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
DESSERT DRIBBLING			
<p>25x30 Grid Each player has a ball</p>	<p>Players will dribble and listen for commands from coach to start.</p> <ul style="list-style-type: none"> • Inside of the foot • Outside of the foot • Sole of the foot <p>Next the coach will ask a player for their favorite dessert. When the coach calls this dessert the players must perform the move</p> <ul style="list-style-type: none"> • Inside cut 180 degrees • Outside cut • Pull back 		<ul style="list-style-type: none"> • Knees bent when dribbling • Have the ball close enough to control • Use various surfaces
Gates Game			
<p>Each player has a ball</p>	<p>Players dribble for a 1 minute and try to get through as many cones as possible. Then have them do a move as going through cones.</p> <ul style="list-style-type: none"> • Inside cut 180 degrees • Outside cut • Pull back <p>You can add a defender or two who try to win the ball from the dribblers. If they win the ball, then they can go through the gates.</p>		<ul style="list-style-type: none"> • Same as above • Timing of the move • Change direction to avoid defender • Awareness/Vision

Modified Knockout			
<p>Each player has ball</p>	<p>Set up two equal grids with an even number of players in each. The players try to knock the ball away from other players in their grid. If they are knocked out of their grid, then they join play in the other grid. Competition: Fewest number of times a player switched grid.</p>		<ul style="list-style-type: none"> • Awareness/vision • Timing of the move • Turn away from pressure • Get low when cutting
Side goals game			
<p>20x30</p>	<p>The coach has all the balls at the top of the box. Two teams are lined up next to her. She plays the ball in and the first player in each line enters plays 1v1. Build to 2v2. 2pts for the side goal. 1pt for big goal</p>		<ul style="list-style-type: none"> • Same as above • Talk to players about turning from pressure to another goal.
4v4 to Goal			
<p>40x 30</p>	<p>Play a normal 4v4 game to goals. Try to highlight opportunities when players can use a change of direction move. Give a point for a quality pullback or cut.</p>		<ul style="list-style-type: none"> • Same as above • Recognizing when to turn away from pressure.

