



Striking The Ball

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Am-Club: Real Colorado
Dave Roberts, Arvada, United States of America

Moving Goal (15 mins)

Ignition Activity: Moving Goal

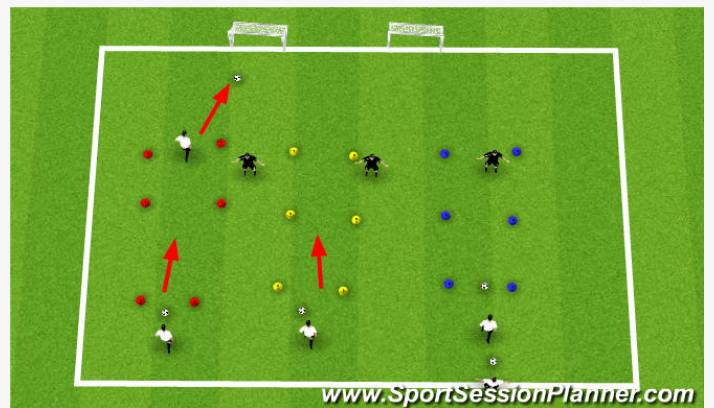
1. Every player has a ball
2. Two coaches hold a pool noodle or training vest to simulate a goal
3. Coaches walk around while the players try to shoot the ball through the moving goal
4. Vary the activity by having players pair up to pass and score. Make a rule that the same player cannot score back to back goals to encourage playing with a teammate



Star Wars (15 mins)

Spotlight Activity: Star Wars

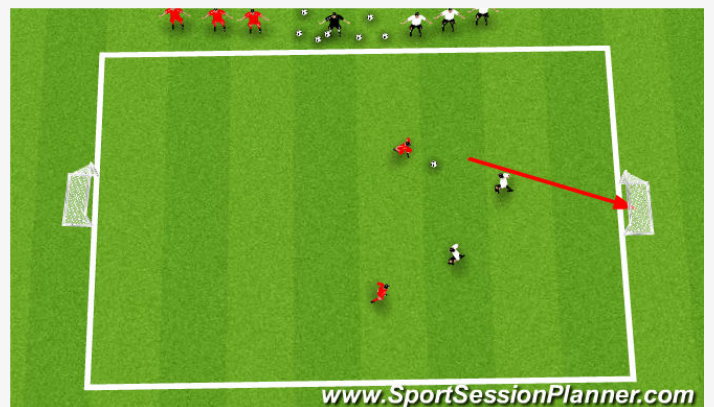
1. Every player has a ball
2. Create a small channel. Coaches or available parents act like stormtroopers by trying to poke the ball away from a dribbling player. If the ball gets poked away, the player must do a foundational move like ball hops or tic toc's in order to continue through the channel
3. Players dribble through channel and try to destroy the "Deathstar" by shooting in 1 of the two goals. Players must shoot before reaching the last cones.
4. Players then dribble back to the line to the right of them and continue through all three channels



Get Out Of Here (15 mins)

Spotlight Game: Corners

1. Set up a small field about 15x20 with 2 goals
2. Coach has a collection of balls, and players form two teams on opposite sides of the coach
3. Players run onto the field in pairs
4. When a goal is scored or the ball goes out of bounds the coach yells "get out of here" and a new game with new players begins



Game (15 mins)

Game

1. Set up an area with 2 goals. play an even-numbered game to 2 goals
2. Laws of the game are applied
3. No conditions are restrictions
4. Vary activity by having the coach help the team that has the ball to keep play flowing

