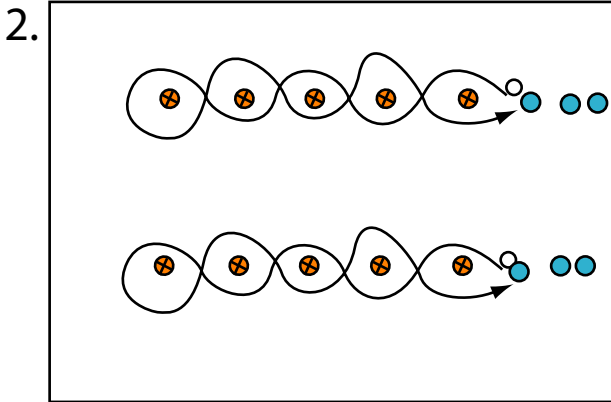


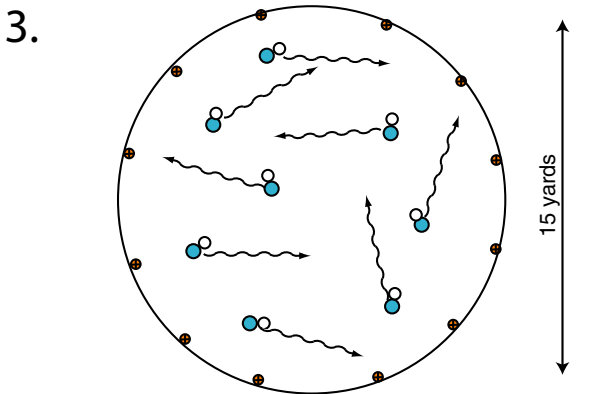
Practice #2 (Dribbling)

1. Fast Foot Skills (10 minutes)



Dribbling Demonstration & Slalom Race (5 min.)

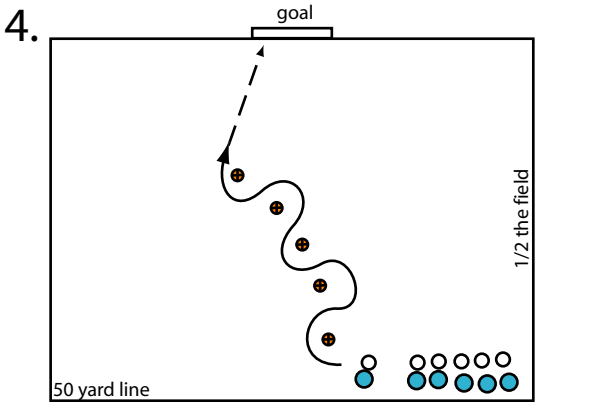
Procedure – Set up the cones a couple yards apart. Make two lines and have the kids race around the cones. First impose no limitations. After a couple races, limit their touches to first one foot and then the other. Have the alternate feet and then use just the outsides of their feet. Try to make the teams even.



Knock out (5 min.)

Procedure – On command, all the players try to keep position of their ball while attempting to tick all the other player's balls out of the circle. The last person in possession of their ball is the winner.
Key coaching points – Emphasize that each player should keep in constant motion and keep their body between the ball and any other players attempting to steal their ball.

Variations – If the players won't attack, shrink the circle.

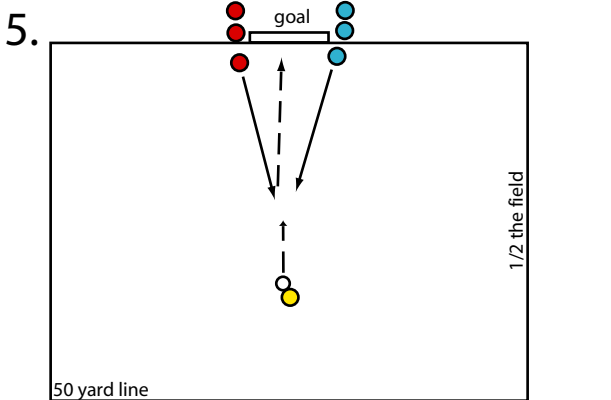


Slalom Shoot (5 min.)

Procedure – Line up as many cones as you like between the 50-yard line and the goal. Leave about ten yards between the last cone and the goal. The idea is to dribble through the slalom and then shoot.

Key coaching points - Keep eyes and head up.

Variations – Left foot only, outside of feet only, shoot with a particular foot, you can change the positioning of the cones. Add a goalie.



Race Turn Shoot (10 min)

Procedure – Make two lines of kids on either side of the goal, facing the field. The coach stands out about twenty yards in front of the goal. The coach drops or taps the ball out in front of the goal. That's that signal for the two players in front of their lines to run out and try to win the ball. The player that arrives first becomes the attacker. The attacker tries to turn and score. The other player is the defender and attempts to win the ball from the attacker. If the defender is successful, the ball is returned to the coach.

Key coaching points – Speed usually wins. Try some moves. Shoot when you can

6. 3 v 3 Scrimmage (10 minutes)