* Coaching Points –
  + Dribbling with the ball close to your body, under control.
  + Using different surfaces to touch the ball.
  + Dribble with your head up.
  + Change your speed when you get past a defender

Speed Drills - 1 foot in each space, 2 feet in each space, side to side shuffling, bunny hops, you can try more advanced stuff with older groups.

* Make one line of speed drills then count 6 steps and make a 6x6 box go 6 steps away from the box and make another line(see below) Players will do speed drills and meet in the box. 1 line is the tagger and the other line tries to avoid being tagged. Both players stay in the box until a player is tagged and then you move on with the next group.

X X

X x x x x x x x x x x x

X X

Freeze-tag – take up the corners from your previous game, but leave the big square. Have one person be “it”. The other players with soccer balls dribble around trying not to be tagged. When tagged they put the ball above their head and spread their legs so a player can dribble through their legs to unfreeze them. See if the player can freeze everyone, if they can’t, add a helper. Go a few rounds.

Make a big square. In each corner of the square make a small square. You can find a way to designate each square with targets or cones or numbers. Start with all the players in 1 corner with a ball and tagger in the middle. You shout out a different corner and the players with balls have to move to that corner without getting their ball kicked out of the grid. If it gets kicked out of the grid they become a tagger. Basically like sharks and minnow but with corners instead of a line.

Scrimmage if time allows.