
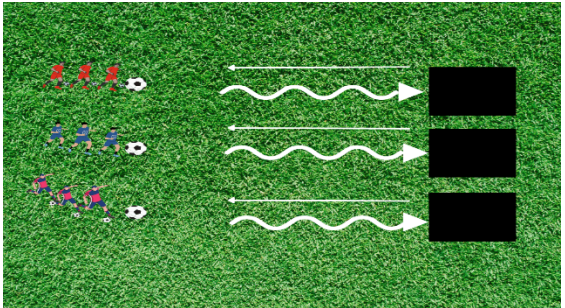




Mini's Week 3 & 4 – Dribbling

<h2>Gates Dribbling</h2> <p><i>Length – 7-10 mins</i></p> <p>Goal: Running with the ball & Fun</p>	<p>Area size/setup – 20x20 space. Each player needs a ball. Set up 'gates' with cones around the space. Aim for at least one gate for every player.</p> <p>Activity Description – Players dribble through as many gates as possible before you call time. Remind players to take small touches (not shoot through the gates).</p> <p>Fun Variations: Players=Cars, Gates=Race Track (add noises). Unicorns and Clouds; Bees and Flowers; Airplane and Airports.</p>	<ul style="list-style-type: none"> ● Small, quick touches ● Use both feet ● Head up 
<h2>Fill the Bucket – Relay Race</h2> <p><i>Length – 7-10 mins</i></p> <p>Goal: Running with the ball & Fun</p>	<p>Area size/setup – 20x20 space. Each player needs a ball. 2-3 'lines' based on total numbers. Divide players equally (keep group numbers small - less than 4).</p> <p>Create a 5x5 box at the end of each line. Approx 15 yards away from the start of the line.</p> <p>Activity Description – Each team has a "bucket" - a small zone at the end of their line. On a signal, players will dribble the ball one at a time to the end of their line, leaving their ball in the bucket. They run back to their line to tag the next player. Then that player takes his turn. The first team to get all their balls in the bucket wins.</p>	<ul style="list-style-type: none"> ● Small, quick touches ● Use both feet ● Head up while dribbling ● Stop ball in bucket with foot 
<h2>Fox and Chicken</h2> <p><i>Length – 7-10 min</i></p> <p>Goal: Running with the ball & Fun</p>	<p>Area size/setup – 20x20 space. Every Coach and player needs a ball, Coach needs a penny (tail)</p> <p>Activity Description – Coach is the Chicken with a tail (penny). Start with no soccer balls. Tuck the penny in the back of the shorts and have the players start on one end as Foxes. Players chase the chicken until one removes the tail. After a couple rounds, give everyone a soccer ball and require they dribble a soccer ball while chasing the Chicken. Add more chickens or require the chicken to also have a ball to give the Foxes a chance to remove the tail.</p>	<ul style="list-style-type: none"> ● Head up (no crashing) ● Little touches, keep ball close ● Use both feet <p>Be sure to stop occasionally and ASK: Did anyone crash into someone else? What can we do so we don't crash? Was it easy/harder with a ball? Why? What do we have to do with our ball to catch the Chicken? Big or little touches? One or two feet? Inside/Outside? Which is faster? Which helps us control the ball better?</p>
<h2>Musical Soccer</h2> <p><i>Optional</i></p> <p>Goal: Running with the ball, Listening & Fun</p>	<p>Area size/setup – 20x20 space. Every player needs a ball, Coach needs to Sing or play music.</p> <p>Activity Description – When the song is playing, they are dribbling. Sing Fast and Slow to encourage speed. Shout "Freeze" to help players stop</p> <p>The Song is not important, please don't search on your phone for the perfect song. Lyrics are not even needed "Doo Doo Dah" "La La La"</p>	<ul style="list-style-type: none"> ● Head up (no crashing) ● Little touches, keep ball close ● Use both feet <p>Song Ideas: Mary had a Little Lamb, Old McDonald, Row Row Your Boat, Wheels on the Bus, etc. "Tequila!" but instead "Dribble!"</p>