

Activity #1:

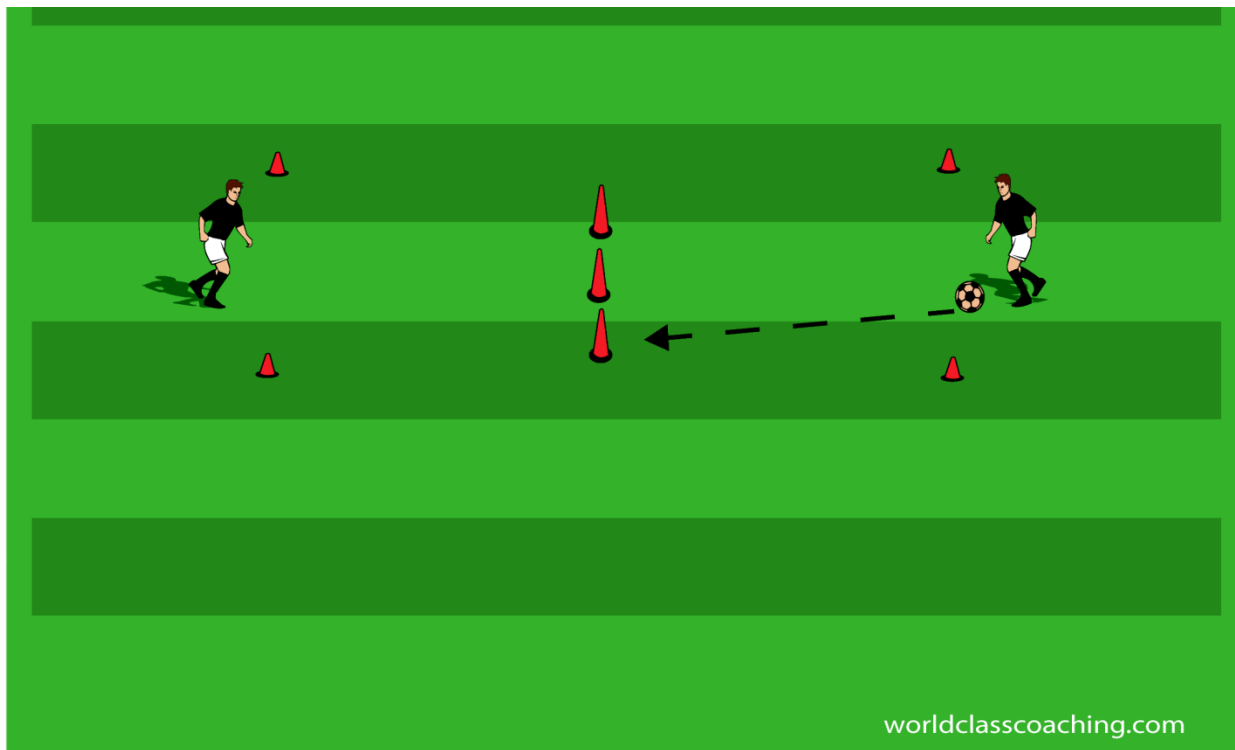
Cone chaos 20x20 yard grid Scatter tall cones around the grid area, leaving some upright and some tipped over. Each player has a ball. The players dribble around the area and stop their ball to stand up tipped over cones. If a cone is standing, they can use the inside of their foot to tip it over (no kicking – safety first!). This activity is a good warm-up for very young players to mix dribbling with a bit of agility and fun.

Activity#2:

FTL (Follow the leader) dribbling 20x20 yard grid Players are organized in pairs with one ball for each player. Designate one player as the leader for each pair. The leaders dribble around the area and their partners must follow them and mimic their touches and speed as closely as possible. This is a simple exercise, but one that players tend to enjoy immensely once they are comfortable. It is very important for the coach to give some ideas for the leaders as to what they can do before starting the first period of play.

Some ideas:

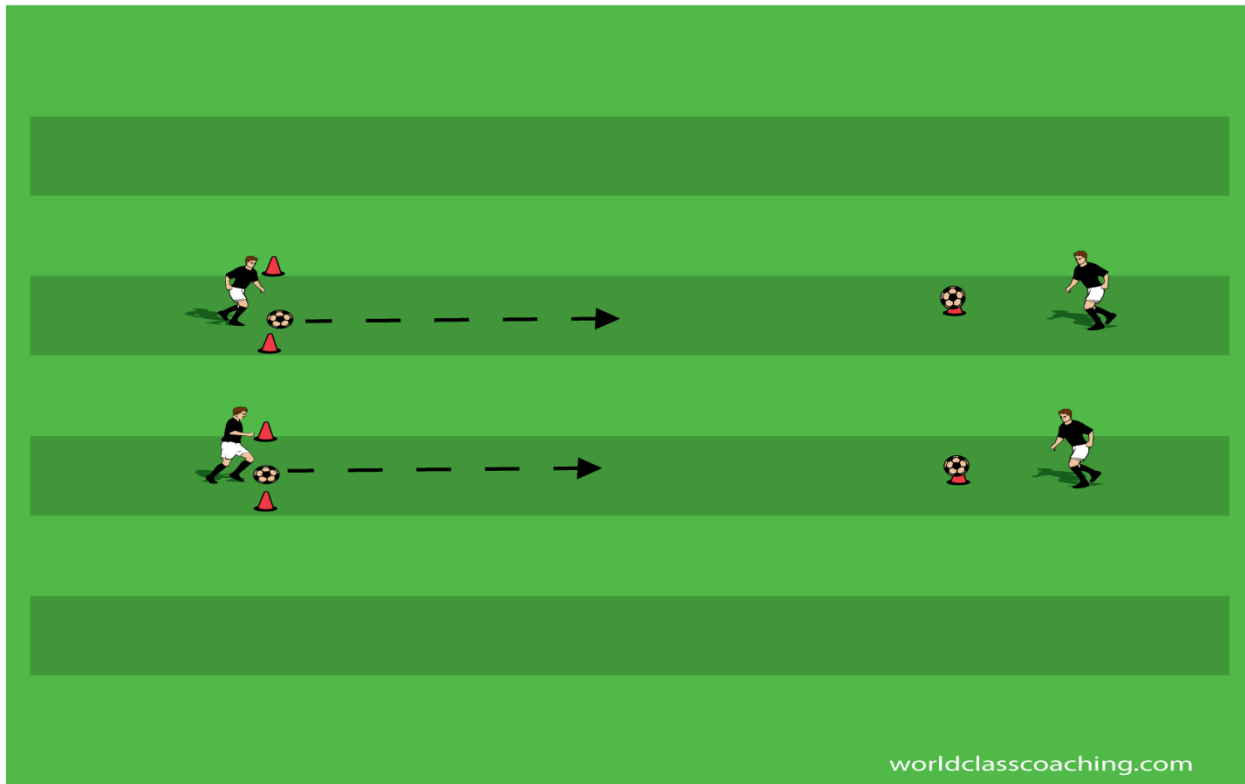
- change speed
- change direction.
- change the foot they use to dribble.
- change the surface (inside or outside) they use to touch the ball.



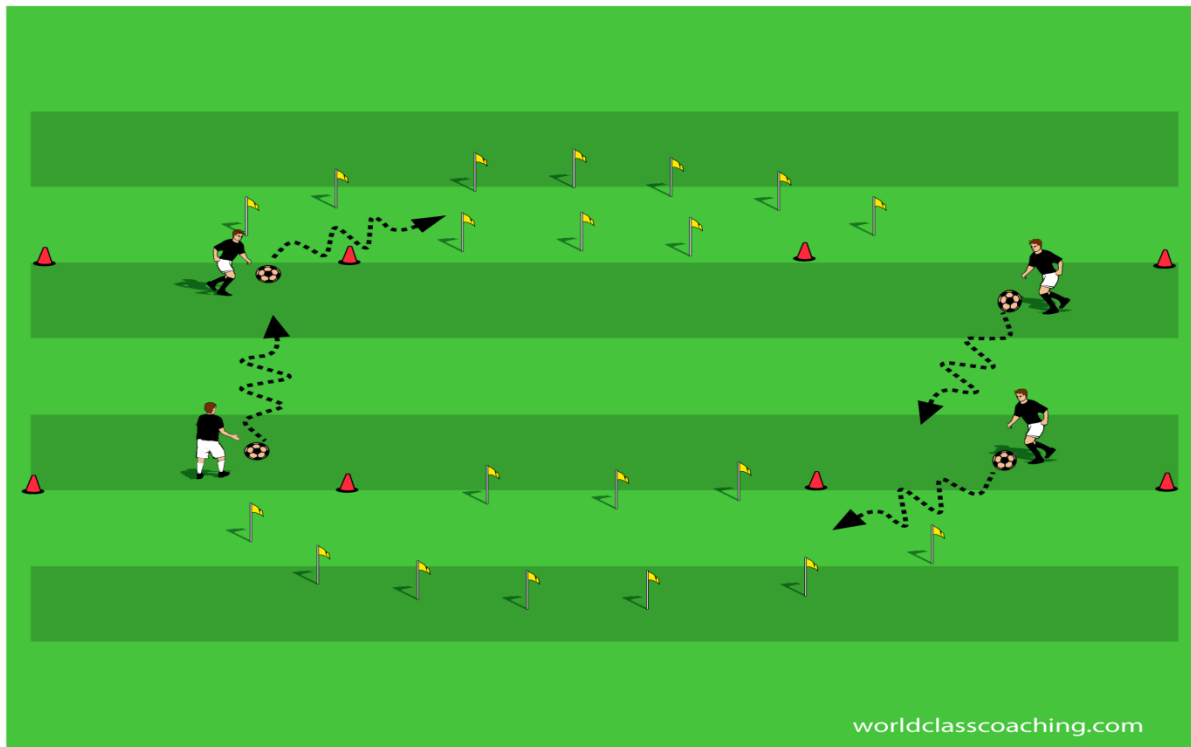
Bowling! 4x12 yard lanes Players work in pairs with one ball. Put one player at each end of the lane and give one player the ball to start. Place three tall cones in the middle of the lane. Players take turns passing the ball in an attempt to knock over the cones. When one player has knocked down

two cones, she wins that “frame” and the cones are reset to play again. The key points of emphasis are the use of the inside surface (accuracy), locking the ankle of the passing foot, and pointing the toes of the standing foot toward the target cone.

Activity#5:



Pineapple Drop 10x15 yard areas Divide the group into teams of 3-4. One player puts her ball atop the group’s cone and then steps behind to monitor and retrieve errant shots. The other players form a line and proceed to pass/strike their balls (one at a time) in an effort to knock the ‘pineapple’ off of the cone. When a successful shot is made, the shooter puts her ball atop the cone and becomes the monitor. Play for two minutes and check scores.



Subway dribbling 2 12x12 yard grids Each player has a ball. Players are placed in equal numbers in the two grids. Players dribble around varying speed and surfaces used to dribble. At a signal from the coach, the players dribble out of their grids and through either 'subway' to the other grid, where play continues.

Red light/green light 20x20 yard grid Each player has a ball. Players dribble around the area. The coach gives the following cues: Green: Dribble; Yellow: Speed up! (point out that this does not apply with real traffic lights!); Red: Stop! Play for a minute, compliment-ing good stops and changes of speed.

Coach:

- Players should focus on keeping the ball close to them and avoiding contact with other players and their soccer balls. Young players will learn to anticipate the need to stop and the use of the sole of their foot for stopping the ball. Also emphasize the importance of dribbling to open space within the grid

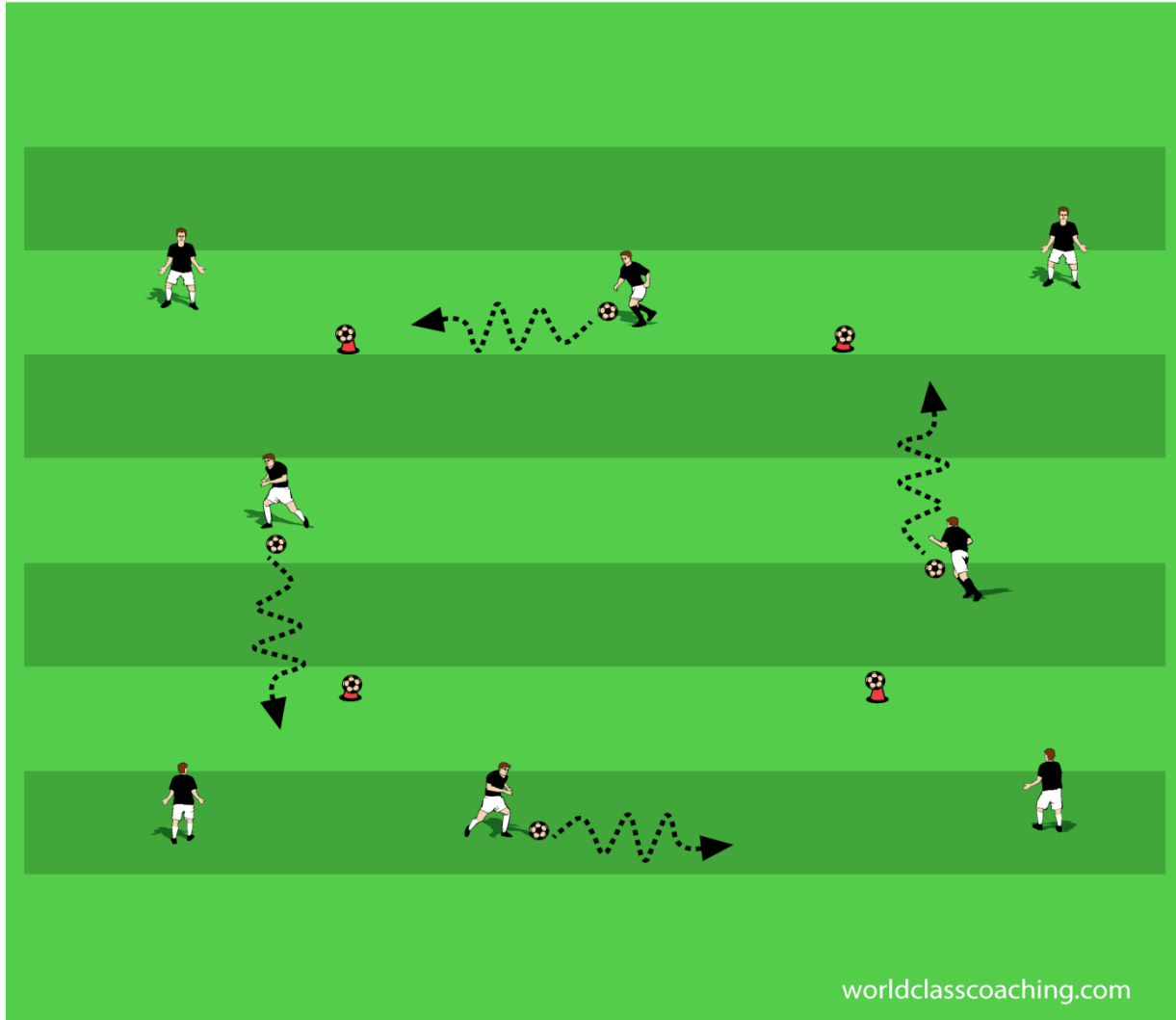
Body part dribbling 20x20 yard grid Each player has a ball. Players dribble around the area. The coach gives cues as to which body part must be used to stop the ball. This is a fun game designed to build coordination for young players. Suggested cues: Knees; shin; sit on the ball; elbow; ear; nose; back. Emphasize safety first and this is one exercise where the coach might participate to add to everyone's fun. Play for two minutes.

Mushroom farm 20x20 yard grid Place numerous items ('mushrooms' -cones, vests) on the ground inside the grid. Appoint one mushroom farmer (wears a distinctive vest). The

mushroom farmer starts in the grid. All other players have a ball and start on the perimeter of the grid. At a signal from the coach, players dribble into the grid and 'pick' mushrooms by grabbing items (1 mushroom per trip into the grid) and carrying them out of the grid to their start spot. If the farmer kicks away a player's ball or tags them, the player must drop any mushroom they are carrying and exit the grid (and recover their ball) before continuing. Play until the grid is empty and then see who picked the most mushrooms. Play again with a different farmer.

Tail tag with ball 20X20 yard grid Each player has a ball at their feet and a scrimmage vest tucked into the back of their shorts ('tail'). Players dribble around the area trying to tug out other players' tails. If a player loses her tail, she dribbles to the edge of the grid and fixes her tail, then re-joins play. Play for three minutes.

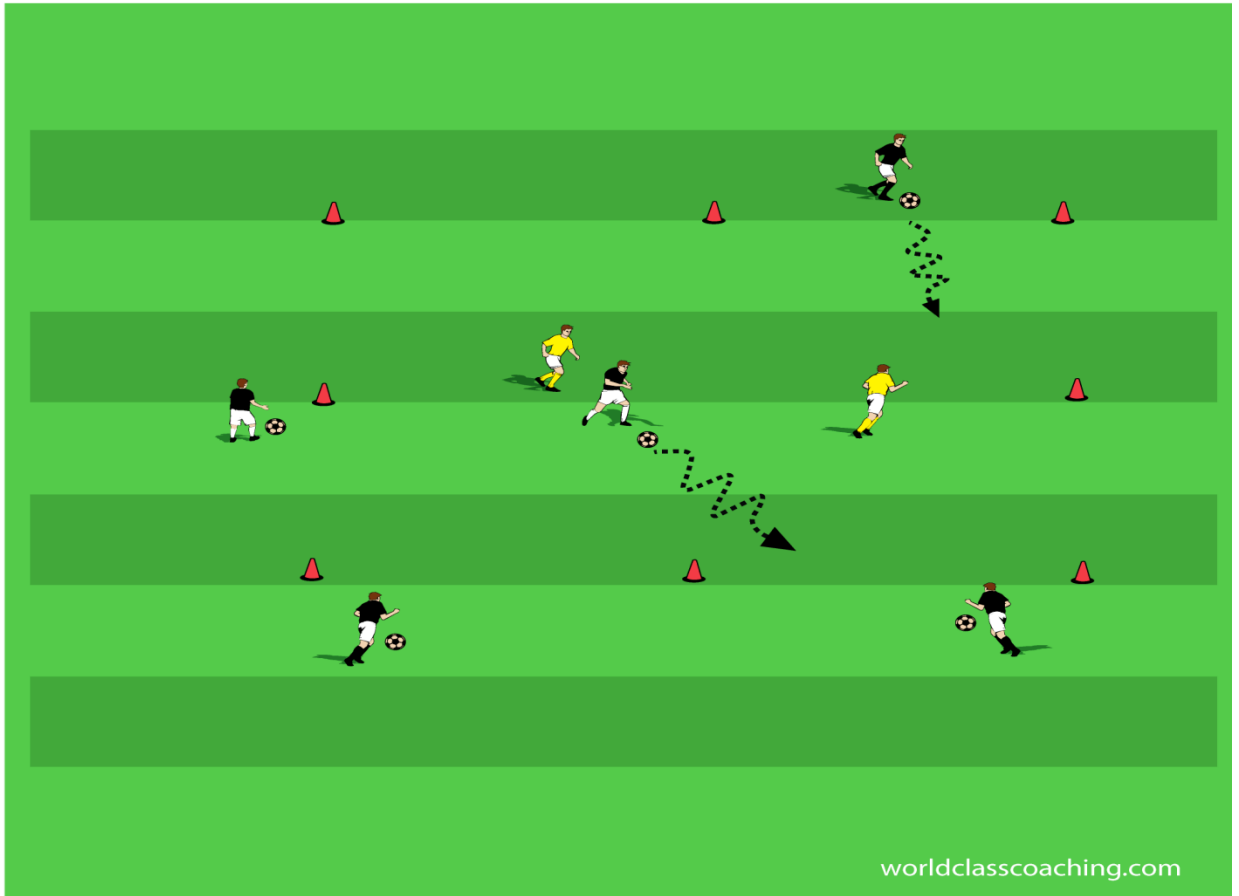
Knockout 20x20 yard grid Each player has a ball. Players dribble around the grid and attempt to knock the balls dribbled by other players out of the grid while keeping their own ball. This is a game that is commonly used to teach shielding the ball (keeping the ball on the outside of the away foot when confronted by an opponent) and also poke tackling (using the front of the foot to tap the ball off of the dribbling player), and the key points of coaching for young players include spatial awareness, thoughtful dribbling, and dealing with a opponent in tight space. When a player's ball is knocked out of the grid, they are *not* eliminated. Rather, they must sprint after the ball and then return to the perimeter of the grid, where they perform six dribbling touches and then return to the game. Players should keep track of the number of balls they knock out of the grid and also the number of times their own ball is knocked out. Play for three minutes and then check scores.



Dribbling races 10x10 yard grids Players are organized in pairs with two balls for each group. Put each pair at the corner of a grid. One ball is placed on top of the disc cone in the corner. The player whose ball is on the cone is resting and cheering for her partner, and she should take a knee three yards outside the grid near the corner. The other player is the racer. All racers start at the signal from the coach. Each player must dribble around the entire perimeter of the grid back to her starting point and then use her ball to tap her partner's ball off of the cone. Determine a winner in each race and then switch roles and race again.

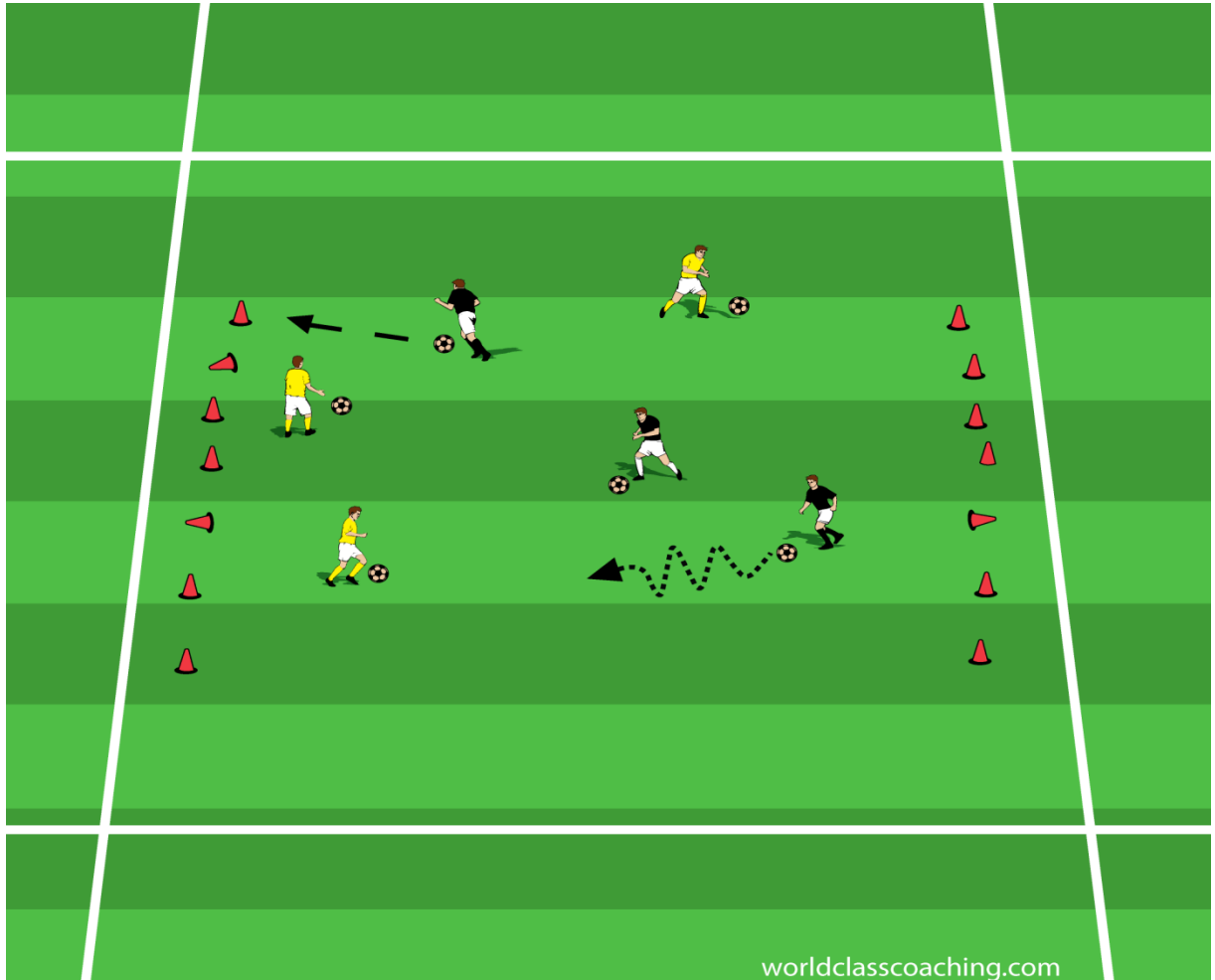
Variations:

- all dribble clockwise.
- -all dribble counter-clockwise.
- at each corner, the racer must pass her ball *inside* the corner marker and then she runs around the *outside* of the marker and catches up with the ball and continues to dribble around the perimeter (run clockwise and counter-clockwise).

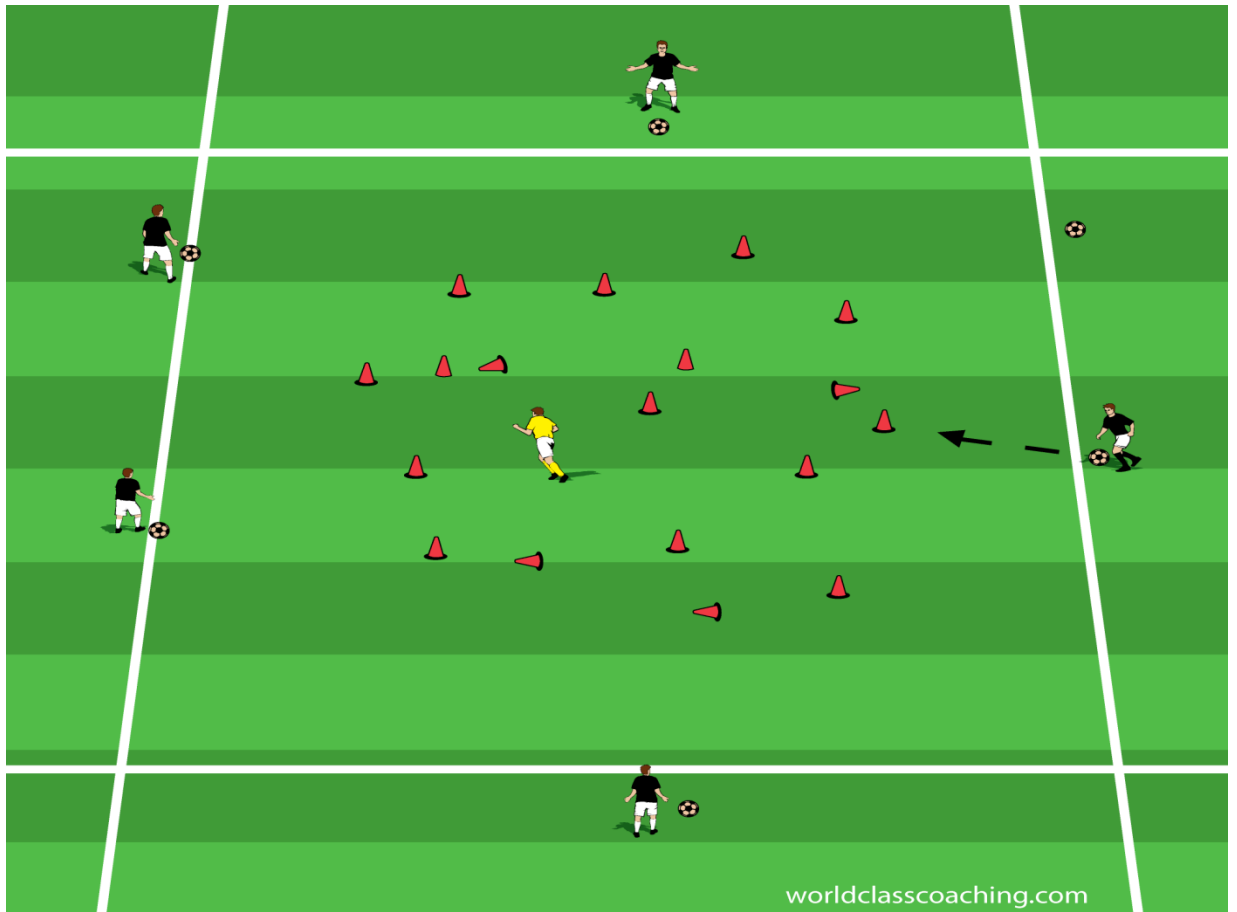


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- **Alligator Alley** 12x20 yard grid Select 2-3 “alligators.” These players do not have a ball and they stand inside the grid area. The rest of the team each need a ball and they spread around the perimeter of the grid. Explain that the goal of the game is to dribble across the “alley.” The alligators attempt to dispossess the dribblers as they cross the grid. The alligators earn one point for each ball they knock out of the grid. The dribblers earn one point for dribbling across the narrow width of the grid and three points for dribbling the long length of the grid. Players keep track of their points throughout the exercise. Rotate the alligators every two minutes and give every player the opportunity to be an alligator. This exercise is useful for encouraging players to engage in 1v1 duels, dribble to open space, execute sharp changes in speed on the ball, and learn to tackle.
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- **Shark Attack** 20x20 yard grid Select two sharks (1 for teams of 8 or less). All of the other players have a ball and dribble around the “shark tank” (the grid). The shark(s) run around the perimeter of the grid and then holler, “shark attack!” and charge into the grid. The sharks attempt to knock balls out of the grid. When a player loses her ball, she retrieves it and waits outside the shark tank. The coach should time the game to see how long it takes the shark to clear all balls from the tank. Select a new shark and see which shark requires the shortest time to clear the grid.
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- **Cops and Robbers** 20x20yard grid with a circle (3 yards in diameter, outlined in cones) in the center
- Two 'police officers' without soccer balls and wearing distinctive vests, patrol the area outside the circle (they cannot enter the circle). The 'robbers' are players outside the grid area, each with a ball. The robbers try to dribble into the circle area and grab 'loot' (vests, cones, etc.) and carry it back out beyond the perimeter of the grid to their 'hideaway.' If the police officers can kick away the robber's ball, she must return the loot and then get her ball again and try to 'break in' once more. Play until all of the loot is removed or for three minutes and then change police officers.



- **Cone Crashers** 20x25 yard grid Divide the group into two teams and give each team ½ as many balls as the number of players on the team. Each team defends one end of the grid and the tall cones standing on that end. Players with a ball dribble to the other end of the grid and try to strike the ball to knock over a cone on that end. Emphasize that roles change in this game. If one is defending and wins the ball, one should go over to the attack. The team must cooperate to both defend and attack throughout the game. The defenders can stand in front of a cone and block attempts to knock over the cone. The first team to knock over all of their opponents' cones wins. This is a fun, wide open game that presents lots of 1v1 duels and opportunities to strike and block the ball.



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- **Cone Medic** 20x20 yard grid The cone medic starts inside the grid. All other players are on the outside of the grid. At a signal from the coach, all players enter the grid and try to knock over the cones using their balls. The cone medic works to stand up cones as fast as possible. Play until all of the cones are down or for one minute and then change medics.
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