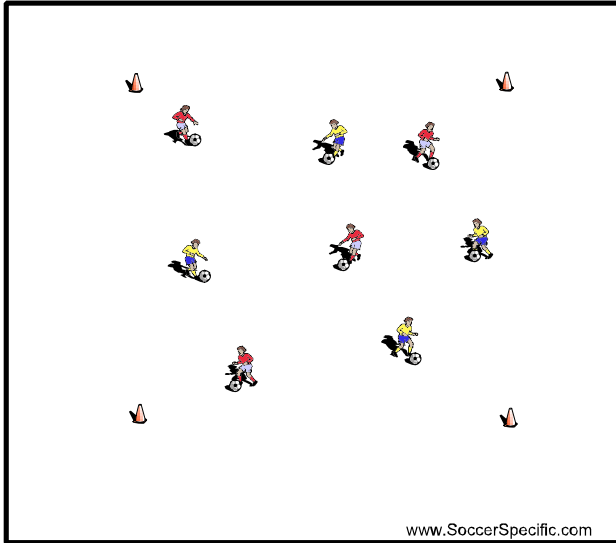
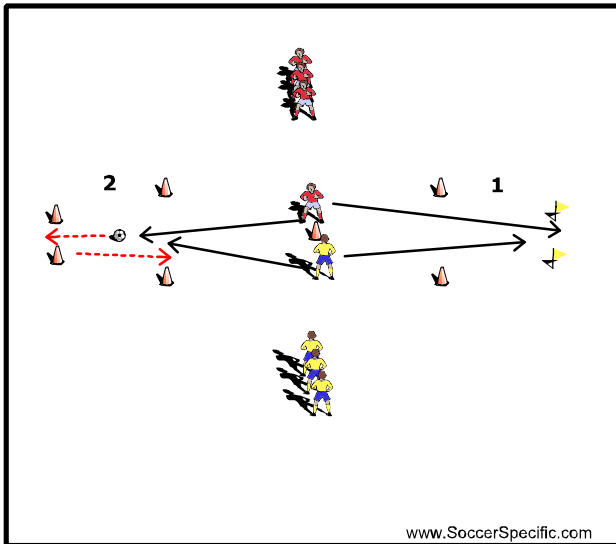


ACTIVITY #1



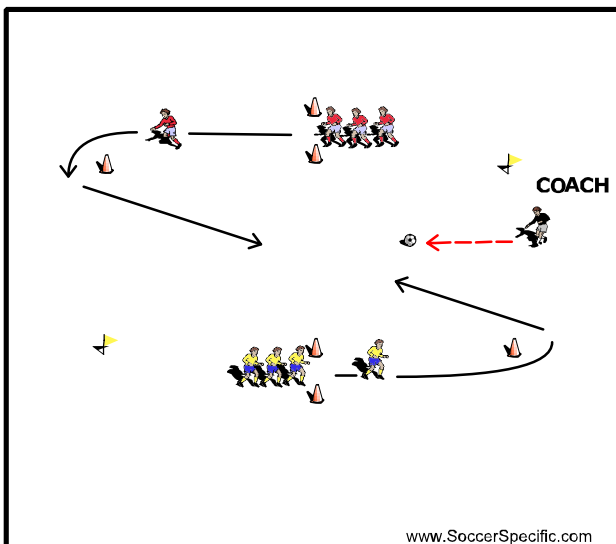
Set up: 20 x 20 yard grid with players moving freely.
Instructions: On coach's command, players perform dribbling function such as "Outside, Inside Cuts". When coach blows whistle, or gives another command, players stop and do 20 shuffles. Players resume dribbling freely. Review all of Week 1 and 2 dribbling and change of direction turns. More advanced groups can add in moves such as "Outside, Outside, Lunge, Lunge, Scissor".
Coaching Points: Mix it up and keep them moving quickly. Don't spend too long on one move or dribble. On coach's command, players can do change of direction and SPRINT for three paces.

ACTIVITY #2



Set up: Two lines of 3-5 players. Cone in the middle. Larger gate 4 yards from Center Cone, and smaller gate of two different colors another 5 yards away from larger gate.
Instructions: Reaction Drill. First player in each line comes to middle. Both players sprint in place. When coach calls out "nose", both players touch their nose, if coach calls "knees" both players touch knees, and so on. When coach calls a color, players race to see who can get through that color gate first. 2nd progression has ball in between large gate and small gate. After reactions and coach calling color of gate, players race to win ball and dribble with control through gate. If player gets through colored gate it's worth 1 point. If they can change direction and get through larger gate, they get two points. Play to 7 or 10 with teams.
Coaching Points: Paying close attention!!!

ACTIVITY #3



Set up: 10 yard x 16-20 yard rectangle. Have alternating colors for corners so that the same color is diagonal from each other.
Instructions: Coach will call a color, and players must sprint around that cone on their line to the center of the grid. Coach will play ball in to middle where players must battle to win ball. Object is to dribble across opposite end line from where they came.
Coaching Points: Use the footwork that has been taught so far, but make sure to do so with speed. Progress to 2v2 and 3v3.

ACTIVITY #4

Set up: 20 x 20 yard grid with one goal on either side of grid.
Instructions: Players are divided into 2 teams. The "Red" team may attack both goals across from each other in one direction, and the "Yellow" team may attack the other two goals perpendicular to the "Red" team goals. There should be lots of scoring! Coach should have balls in a pile, and when a goal is scored, they play to the opposing team that got scored on.
Coaching Points: Remind players that if one goal is cut off, go to the other. For the advanced players, if they score on one goal, make them attack the next goal first. It can be made "make it-take it". Lots of Change of Direction moves!

