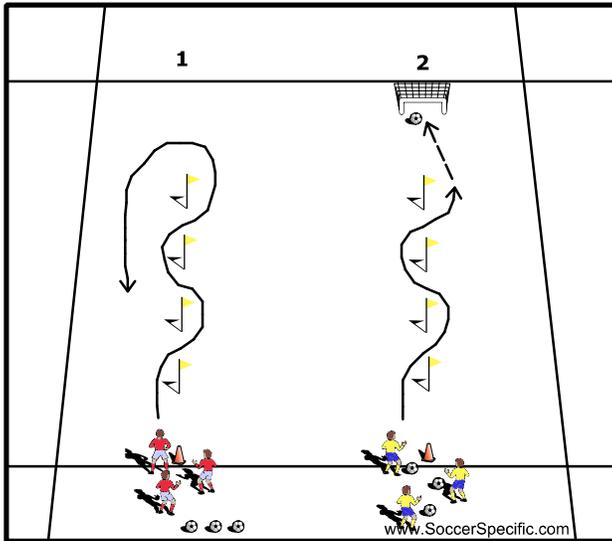


### ACTIVITY #1



**Set up:** Slalom Poles

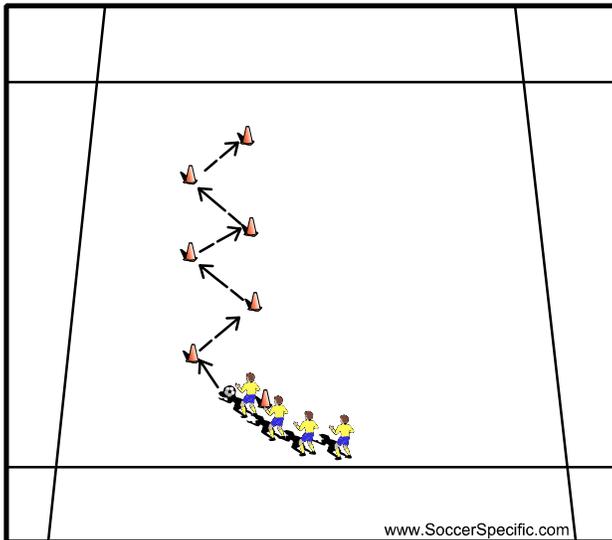
Players in groups of 3 or 4 players behind a starting cone. In a straight line out from the cone place slalom poles approximately 5 yards apart

**Instructions:** Players weave around the poles. Younger players can do this without a ball and return to the line.

Then progress to have the ball at their feet. #1 Older players can do the same thing but finish with a shot on net with or without a goalie # 2

**Coaching Points:** Good balance, Keep ball close. Touch ball with every step with older players. Use both feet

### ACTIVITY #2



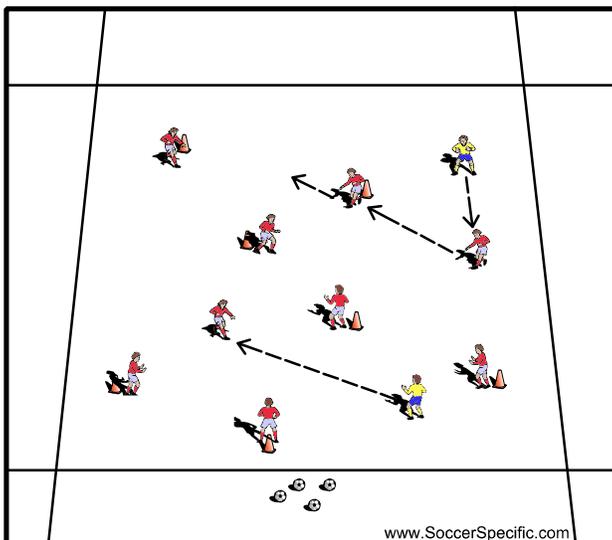
**Set up:** Zig Zag

Place a series of cones alternating sides approximately 5 yards apart. Line of players starting at one end each with a ball

**Instructions:** Players dribble the ball towards each cone. Perform a specific turn at each cone. IE chop turn, sole drag, step over turn etc

**Coaching Points:** Younger players just manipulate the ball to each cone. As the technical ability of the players increases so should the degree of difficulty of each turn

### ACTIVITY #3



**Set up:** Tag

In a grid approximately 20 X 20 place several cones randomly in the space. Have fewer cones than players trying to avoid being tagged. Have 2 players assume the role of taggers.

**Instructions:** Players move freely in the space and try to avoid being tagged. Players are safe if they occupy a cone. If a player runs to a cone that is occupied that player must leave and run to a new cone.

**Coaching Points:** Progression with older players- introduce a ball. Encourage moving into space. When balls are used player is not tagged but compete for the ball therefore must shield to maintain possession