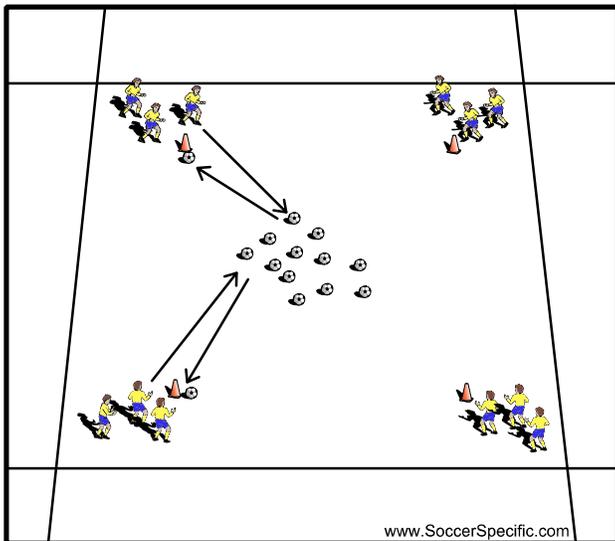


### ACTIVITY #1

**Set up:** Game - capture the ball  
4 groups of players each at a corner of a grid approximately 20 X 20. Several balls placed in the middle of the playing area

**Instructions:** One player from each group to participate at a time. On the command to start each of the 4 players run to the middle and retrieve a ball and dribble back to the cone they started from. This continues until all balls in the middle are gone. At this point in time players can "steal" balls from any other player. Continue for 1 min.

**Coaching Points:** Ensure that the player stops the ball at their cone. Must keep head up while dribbling making the appropriate change of direction with the ball

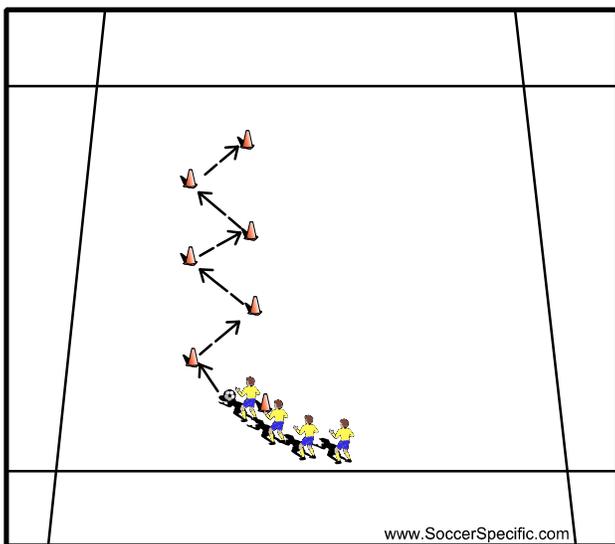


### ACTIVITY #2

**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

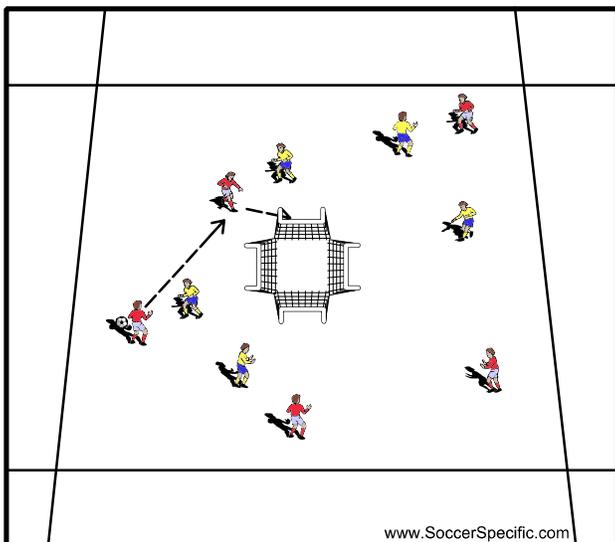


### ACTIVITY #3

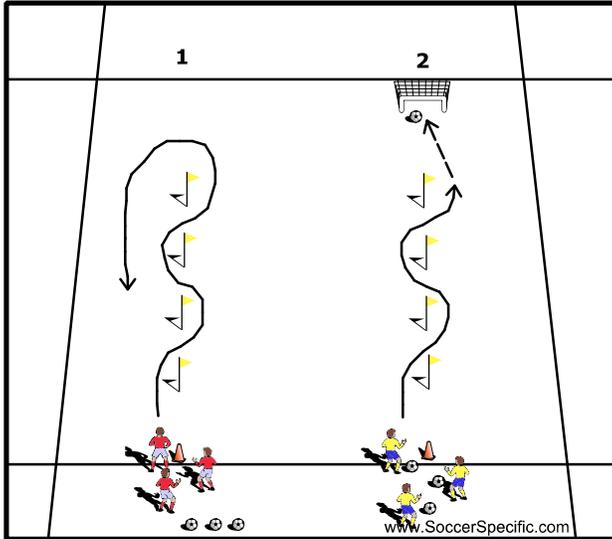
**Set up:** Pirate of the Pug  
In a grid approximately 20 X 20 players are divided into two teams

**Instructions:** 2 teams of players move freely in the space. Players attempt to score on any of the 4 pug nets

**Coaching Points:** Encourage to move into open space and away from pressure



### ACTIVITY #4



**Set up:** Slalom Poles

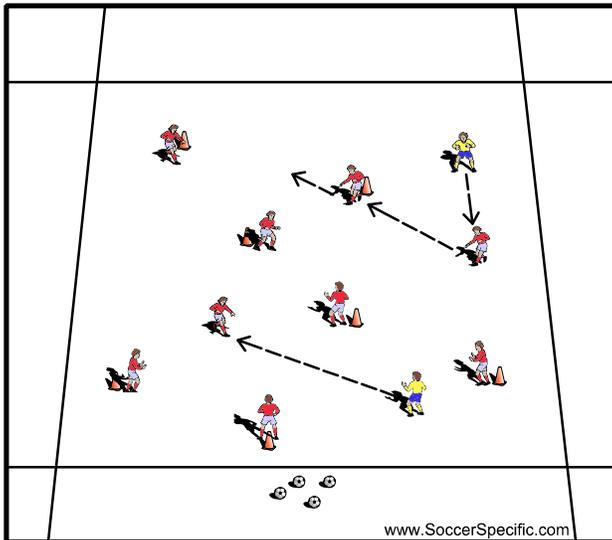
Players in groups of 3 or 4 players behind a starting cone. In a straight line out from the cone place slalom poles approximately 5 yards apart

**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 #5



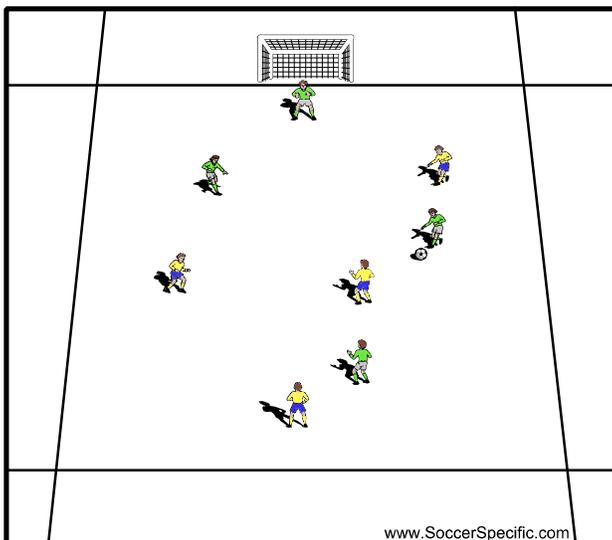
**Set up:** Tag

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

### ACTIVITY #6



**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing