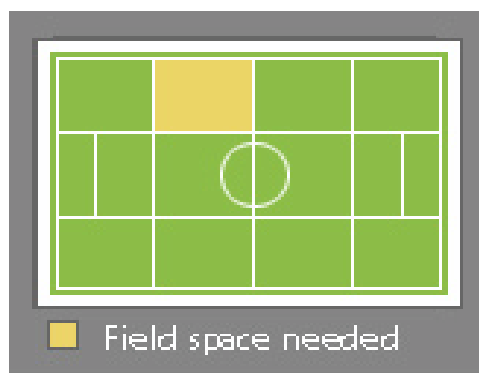


Soccer Safari



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Soccer Safari Dribbling

Description:

Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

- Keep ball close and under control
- Keep head up
- Keep ball moving

Progressions:

This is an excellent game that acts as the perfect warm up exercise. It is a variation of traffic lights. Players have been taken on a safari and when the coach calls out the animal type the players must follow the command.