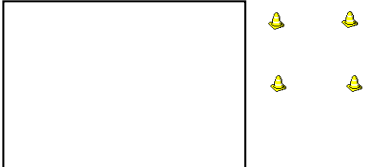
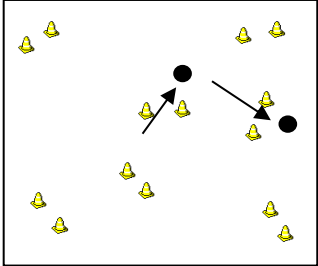
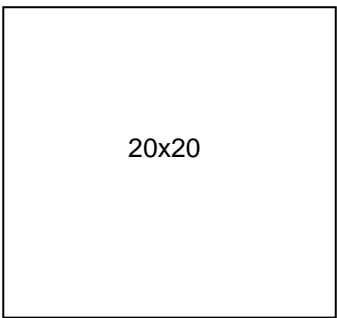
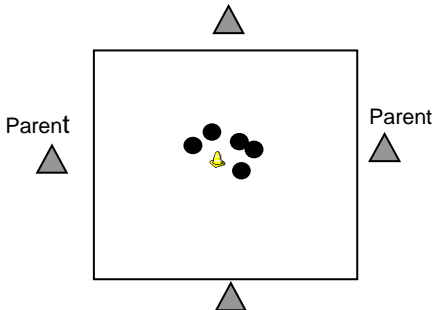




TOPIC: Ball Skills and dribbling
 Age Group/Date: Little Paws Week 2

Area sizes planned for 12-18

Time	1st Activity (Fundamental Warm Up)	ORGANIZATION	KEY COACHING POINTS
10Min	<p>Traffic All players dribble their ball in the grid. Coaches use "traffic" words to encourage the players to change their speed or excellerate. Tell them to try not to "crash" and have them speed up, slow down, stop and go. If they start to purposely run into each other remind them that it's "against the law" and feel to send them to "jail"</p>		<p>Encourage them to keep their heads up and the ball close. Also encourage them to use both feet.</p>
10Min	<p style="text-align: center;">2nd Activity (Introduction of skill)</p> <p>Toe taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball, then progress to dribbling with bottom of feet. Foundation (Tick-tocks) – with ball between feet, tap ball back and forth between feet rapidly. Can add movement...forward and backward while doing tick-tocks. Pull instep push (Pushy-pullies) – with ball in front, pull back with right foot and tap forward with instep; repeat with left foot; 10 times alternating each foot. Pullback – dribble the ball forward 2 or 3 times, pullback with right foot, turning toward ball and changing direction, and repeat by pulling ball back with left foot; repeat ten times with each foot.</p>		<p>This can get a little boring for some so be extremely energetic and constantly point out when players do things correctly. Also, make sure you demonstrate things several times.</p>
10Min	<p>Hospital Tag-All players with one ball in a defined space. Set up a second space for the hospital. Players must dribble around in the main space and try to tag other players while controlling the ball. If tagged, player must hold the part of the body that was touched by the ball. After player is tagged for the third time, he must go to the hospital. While in the hospital space, the players practice more dribbling. After competition, they come back to the game and begin to play with a fresh start.</p>		<ul style="list-style-type: none"> *Encourage change of pace *Use skills to change directions *Have a designated foot skill that they have to practice while in the hospital

Time	3rd Activity (Application of skill)		
15Min	<p>Gate dribbling</p> <p>-Create gates that are about a yard wide. Players try and dribble through as many gates as they can in a certain amount of time</p> <p>-Add a skill to make it more challenging. For example you might say, "Go through the gate, do a pull back and then go back through the same gate" See how many they can do in a minute.</p> <p>-Another example would be, "Do 4 'tick-tocks' between the cones and then dribble to the next cones as fast as you can!"</p>		<ul style="list-style-type: none"> -Keep the ball close -Head up -Encourage change of speed
Time	4th Activity (Match Related)		
15Min	<p>Freeze Tag</p> <p>-Choose two players to be "it". Everyone must dribble their soccer ball, but the two "taggers". If they do tag a player that player must freeze, place their ball above their head and spread their legs. Another player on their team must pass his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and choose new Taggers from the frozen team. Otherwise, stop game after a few minutes and choose new taggers. Version 2: Coach can be the freeze monster and try to tag all the players; players continue to unfreeze each other.</p>		<ul style="list-style-type: none"> -Have fun! -Head up -Change direction when a tagger is come after you. Maybe use a ball skill. -Encourage communication. If they need unfrozen- Tell someone!
Time	5th Activity (More skills practice)		
10Min	<p>Cool down: Dribbling with parent volunteers (3-4)</p> <p>Every player starts with a ball in the middle of the field. Place each parent on one side or one corner of the field. One parent will silently raise their hand and the players will try and dribble to them, give them a high-five and try, and get back to the middle of the field as fast as they can. After they've gone to every parent add a skill. Have them do a tick-tock, foundation or step-over (depending on the age group) when they get to the parent.</p>		<ul style="list-style-type: none"> -This is a great way for parents to SILENTLY participate and understand what you're doing. -Head up -Ball close -Speed of play

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