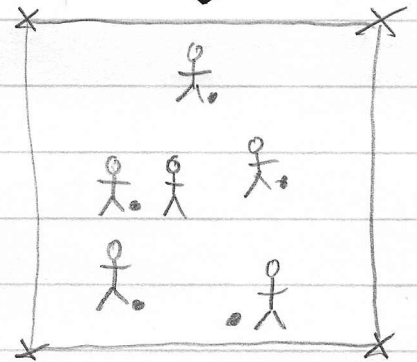


Warm Up

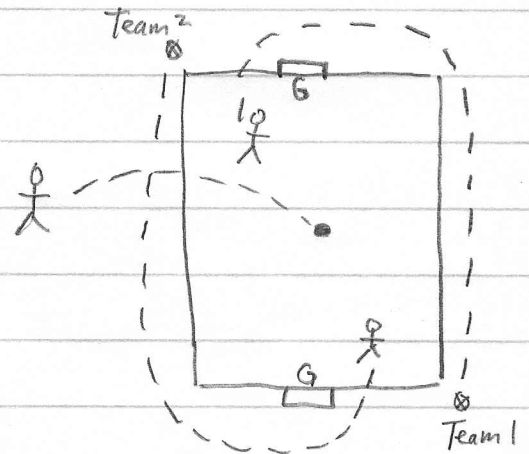
Pinball

- All players in a square. All but one players have a ball.
- Players start dribbling.
- Player without a ball steals one from another player.
- That player steals a ball from someone else.
- Focus: one-on-one play.



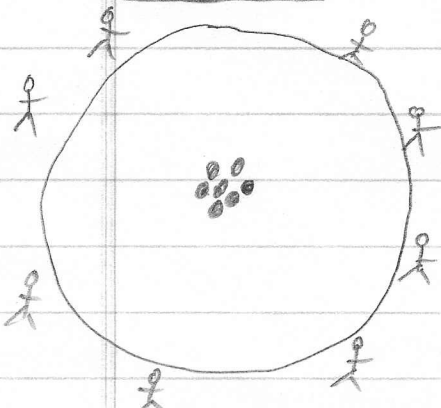
Race To The Ball

- Set up square w/2 goals.
- Put 2 teams at opposite corners.
- When coach blows whistle, players run around the outside of the field & around the nets as fast as possible.
- As they are running, Coach throws ball on to field (usually in middle, but not always.)
- The first player to the ball should try to score. The other player plays defense.



Focus: one-on-one play.

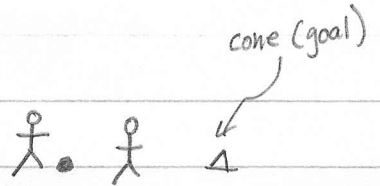
Parachute



- Players around circle w/all balls in middle.
- Coach blows whistle & they go get ball & return (use cones to mark starting point).
- Take one ball away & repeat. If player does not get a ball they can steal one before that player returns outside the circle.
- Focus: one-on-one play

1 v. 1

- 2 players, one ball, one cone.
 - The players score by kicking the ball into the cone.
 - When one scores, the other starts with the ball away from the goal.
- Focus: one-on-one play



Heads Up

- all players in a square with a ball
- Coach periodically yells out dribble with right foot, left foot, both feet, change direction.
- At some point coach puts finger on nose.
- When players see this, they must put finger on nose.
- Last one has to do 5 jumping jacks.
- Focus: heads up + looking around while dribbling
- Extra: Play Pinball. While they are playing, do the same thing with the finger on the nose.

Scrimmage

- Split into 2 teams (use pennies).
- To emphasize positioning + spacing, restrict players to certain parts of the field.