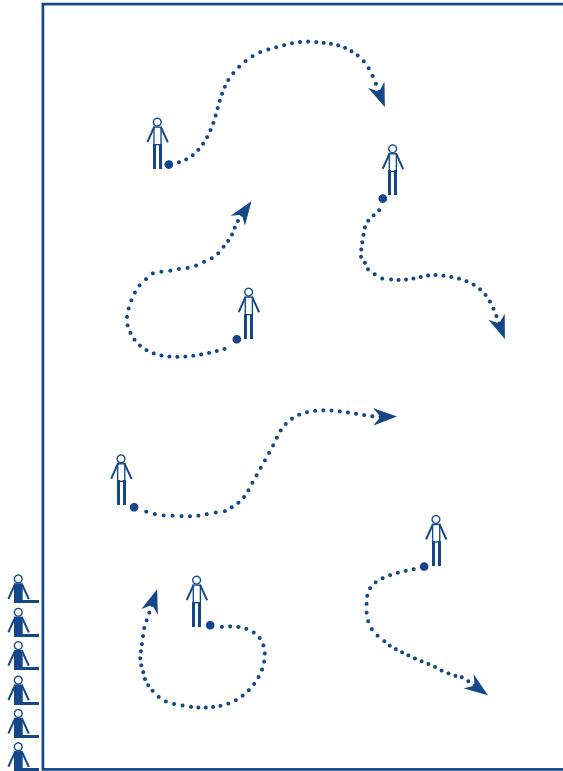




(15-20 minutes)

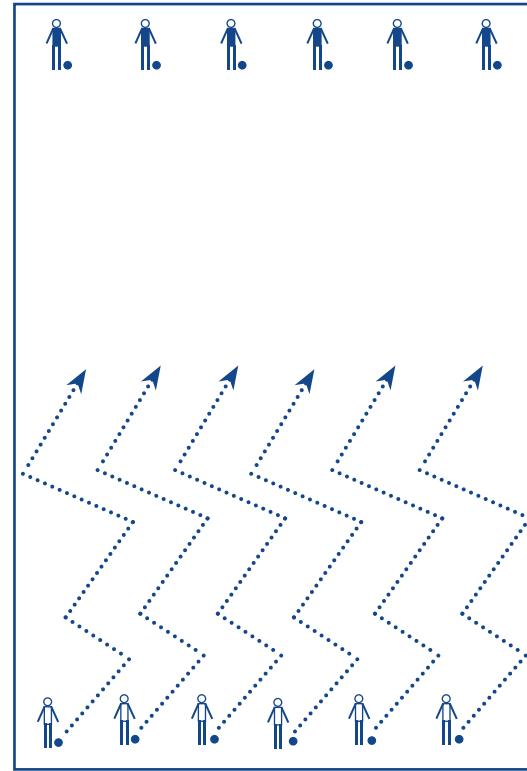
Warm-up: **Command Dribble/Knockout**



Divide team into two groups. Group #1 dribbles for 15-30 seconds then quickly respond to coaches command. The quicker the execution the better control of the ball. Play for 2-3 minutes and change group, those who just finished rest and get water. Play two or three rounds each. Finish with a game of 'knockout'. (12-20 minutes)

(15-20 minutes)

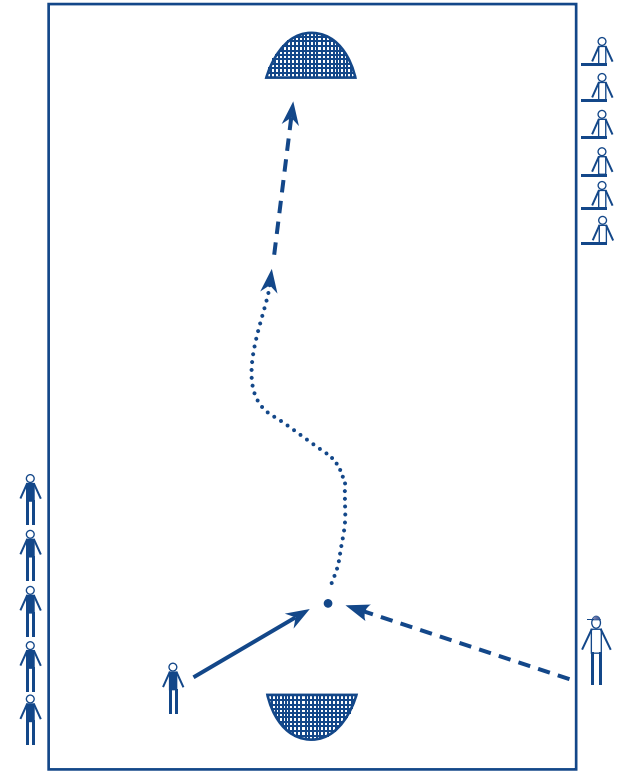
Skill: **Zig-Zag Dribble**



Start one team at each narrow end of field. Every player should have a ball at their feet. group #1 'zigs' to opposite side of field. Then group #2 'zags' across to opposite side. Repeat promoting sideways movement. Coach may add commands so players have to keep control of ball while 'zig-zagging'. Last, start both groups at once. As players approach middle they must lift up head to avoid running into teammates. Change using inside outside of both right and left foot.

(20-30 minutes)

Game: **Sideline Soccer**



Field setup remains the same, only add goal at each end and bench area. Players on each team receive number and sit in order in respective bench area. Coach rolls in ball and calls out number. Players run to win ball and the try to dribble and score in corresponding goal. When ball goes out of bounds send in another ball right away. Each pair can play until goal is scored or up to 1 minute. (Play game to 10 goals or up to 30 minutes).