

## STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

## THEMES & COMPETENCIES

### Theme:

- + Dribbling
- + Ball mastery.

### Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent

## WHY USE IT

This activity is a great introduction to dribbling and ball mastery. Players are constantly moving and touching the ball – a fantastic way to activate the players at the beginning of the session.

## SET UP

25 x 25 yard area with extra room to roam outside the square. Every player with a ball. 2-3 coaches/parent helpers.

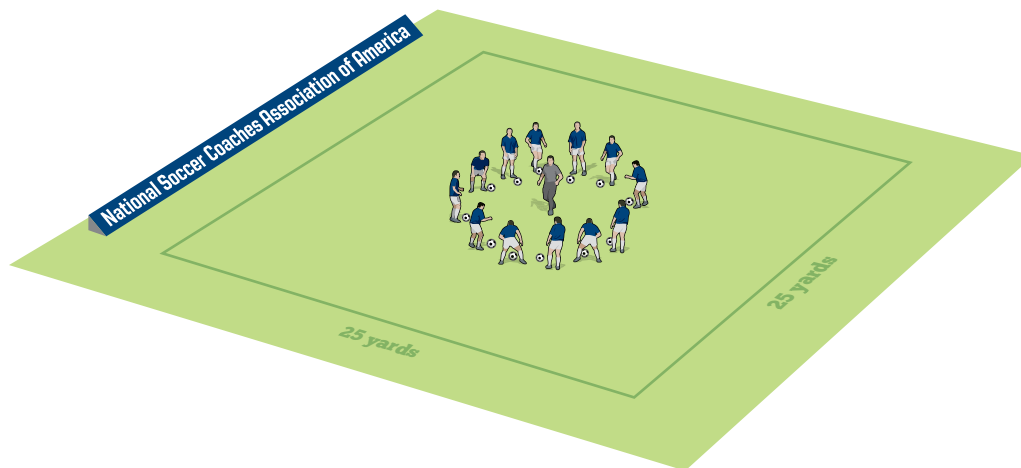
## HOW TO PLAY

The coach kneels down in the center of the area with the players around with their foot on the ball. The activity begins with the coach rolling a player's ball out into the area – some long and some short. The player chases their ball and then dribbles the ball back to the coach. Involve a 2nd/3rd helper to ensure players are constantly moving. Repeat several times. Add challenges, such as:

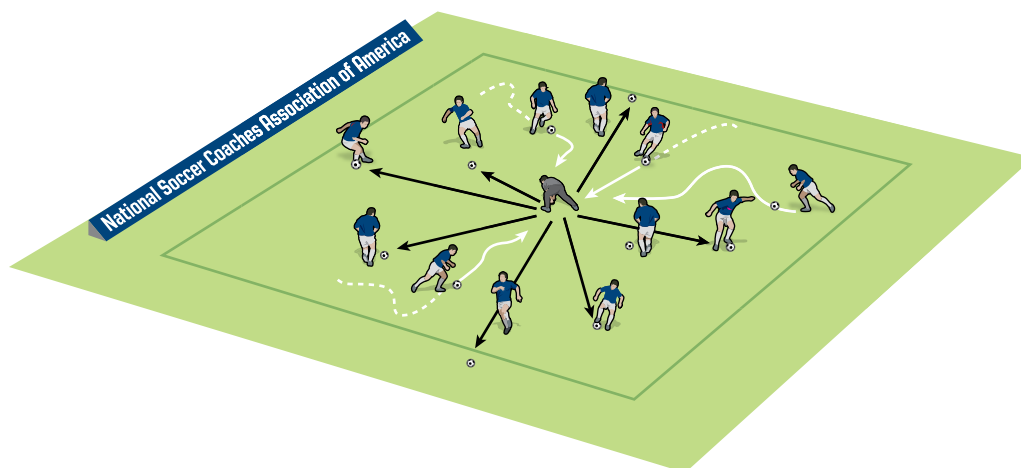
- + The player must dribble to a different coach/helper each time,
- + The player has to catch the ball before it stops moving for a point,
- + Perform 5 toe taps before returning,
- + Left foot only,
- + Outside/heel only etc.

## COACHING NOTES

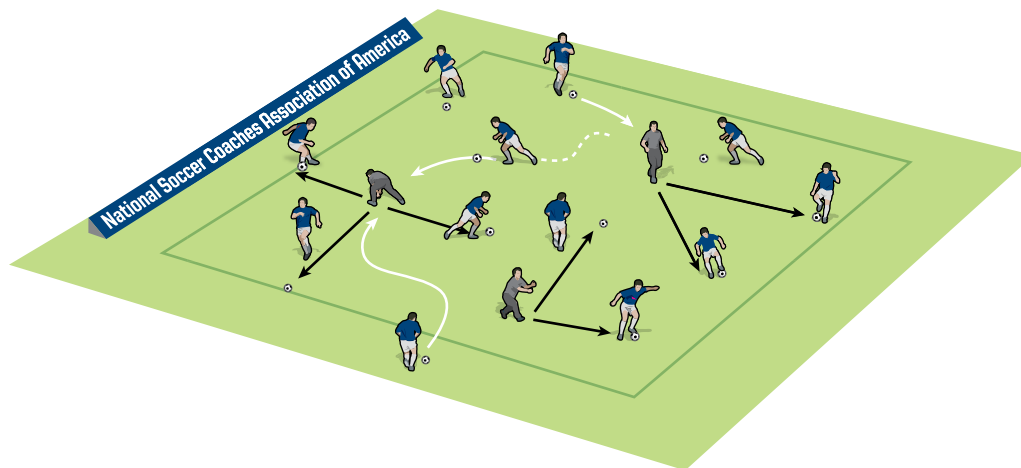
- + Coaching objectives – the coach can add many different skills and objectives. Talk about the 10 surfaces of the feet – inside, outside, laces, heel and sole on each foot and perform moves with each.
- + Coaching tip – If coaching mixed ability groups, experiment ways to differentiate the activity to challenge all players.
- + Adaptations – alternate the serve height and direction and transition into another activity such as body part dribble or a tag game.



- + Players gather around the coach with a ball each.
- + Coach demonstrates some moves.



- + Coach rolls the balls randomly short and long.
- + Players chase, attempting to reach the ball before stopping.



- + Additional coaches/parents join in.
- + Players alternate between servers.
- + Servers move to add an additional challenge.