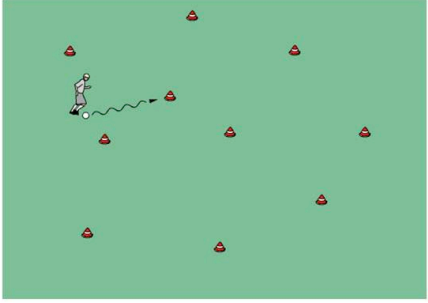



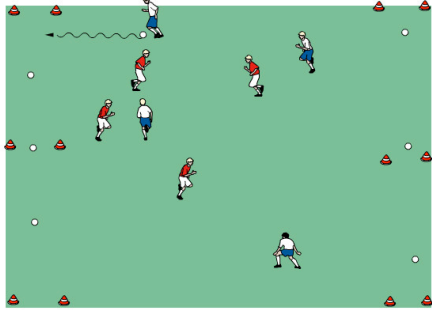
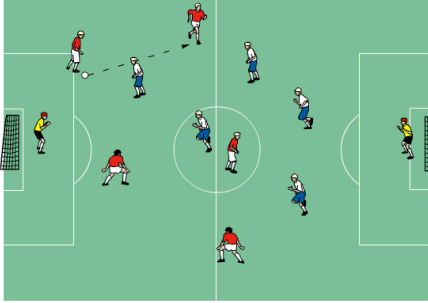


<p>Theme: Dribbling to beat an opponent</p>	<p>Character Theme: Integrity</p>	<p>Soccer Theme: Creative Dribbler</p>
		
<p>Warm Up: Yard Dribble</p> <p>Coach spreads out vests, cones, old towels, etc. Every player has a ball. Players dribble to the vests on ground, make a move, go around, etc. and then return to their starting vest. Who can come up with a move? How many different moves as a team can we come up with?</p>	<p>1st Activity: 1v1 to one ball</p> <p>Players play 1v1 against each other. They play with one ball while the other ball is the goal.</p>	<p>2nd Activity: Cross The River</p> <p>Players try to dribble across the “river” while “alligators” try to steal their ball. Player switches with alligators if their ball gets stolen.</p>
		
<p>Character Activity: Integrity</p> <p>“21”</p> <p>Players partner up with someone and share a ball. The object is to get 21 passes in a row. All passes have to be one touch. The first team that gets finished wins. Because it is a competition you can stress the importance of being honest in counting.</p>	<p>4th Activity: “Bank”</p> <p>Two teams of 4v4 and up. Make an endzone for each team to “protect”. Each team is trying to dribble the ball into the other team’s endzone. When this occurs the team that scores then goes back and gets another ball from their own endzone (make it-take it). The team that has the most amount of balls in the other team’s endzone wins.</p>	<p>Final Activity: Small Sided Game</p> <p>4v4-6v6</p> <p>One ball-Goal keepers.</p>

