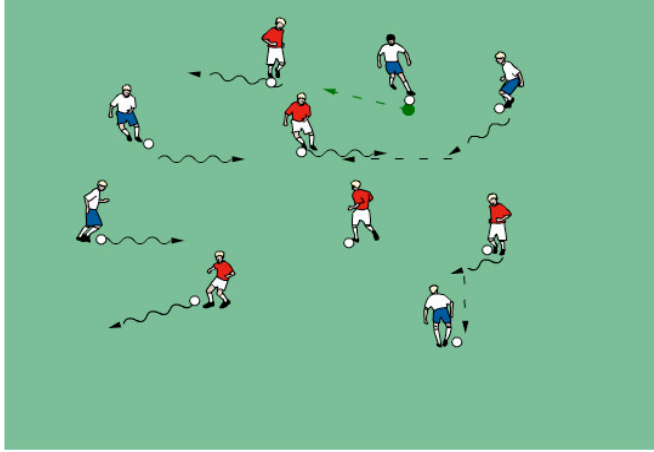
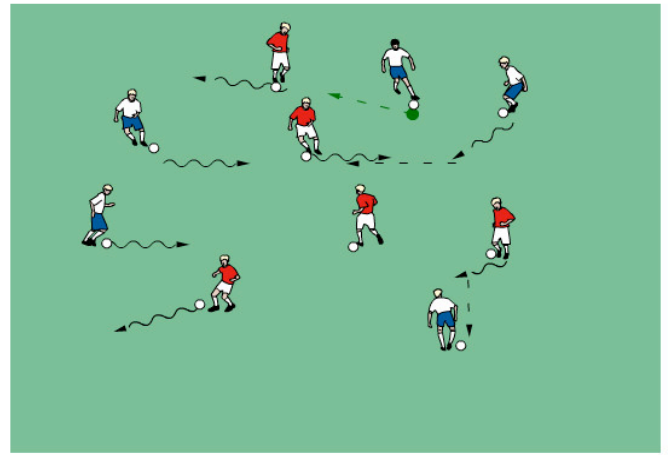


**Theme: Dribbling with the head up**



**Soccer Theme: Best Dribbler**

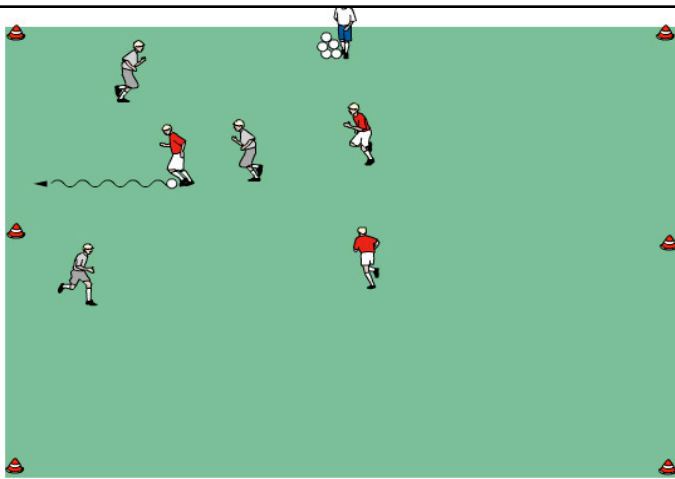


**Warm-Up: Spatial Awareness**

Instruct the players to dribble and stay away from each other. After a short bit stop players and see if the group is equally spread out around the grid.

**1st Activity: Knock Away**

Everyone has a ball. On coaches command players try to knock someone else's ball away. They also have to protect their ball. If a player has their ball knocked away they need to chase it. If it stops then they have a fun "punishment". If it doesn't stop then there is no punishment.



**2nd Activity: Endzone Game**

Divide players into groups of 3/4. Play 3v3/4v4 inside a grid of about 25x20. A team gets a point if they can dribble to the endline and stop the ball.

**Final Activity: Small Sided Game**

Divide players into groups of 3/4. Play 3v3/4v4 inside a grid of about 25x20. Keep the space small so players get more touches and are forced to dribble.

