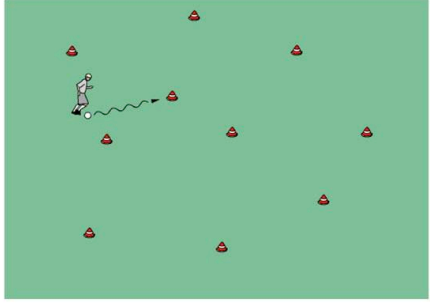


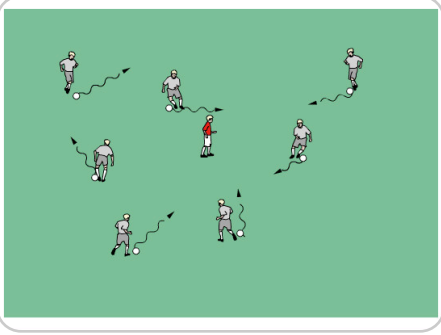




<p>Theme: Dribbling to beat an opponent</p>	<p>Character Theme: Integrity</p>	<p>Soccer Theme: Creative Dribbler</p>
		
<p>Warm Up: Yard Dribble</p> <p>Coach spreads out vests, cones, old towels, etc. Every player has a ball. Players dribble to the vests on ground, make a move, go around, etc. and then return to their starting vest. Who can come up with a move?</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>Dribble Tag-Everybody’s it. Every player has a ball and keep track of the number of people they tag. Tell them to be honest with their answers. Have a little q and a on “honesty” while it is always right to be honest.</p>	<p>4th Activity: Capture the flag!</p> <p>Two teams. Make an endzone for each team to “protect”. For fun, put a “flag” or something to represent a flag in each endzone. Players are trying to dribble a ball into the other team’s endzone and capture the flag! Try using two balls at first then progress to one.</p>	<p>Final Activity: Small Sided Game</p> <p>One ball-no goal keepers.</p>