* Coaching Points –
  + Dribbling with the ball close to your body, under control.
  + Using different surfaces to touch the ball.
  + Dribble with your head up.
  + Change your speed when you get past a defender

Speed Drills - 1 foot in each space, 2 feet in each space, side to side shuffling, bunny hops, you can try more advanced stuff with older groups.

* Make one line of speed drills then count 6 steps and make a 6x6 box go 6 steps away from the box and make another line(see below) Players will do speed drills and meet in the box. 1 line is the tagger and the other line tries to avoid being tagged. Both players stay in the box until a player is tagged and then you move on with the next group.

X X

X x x x x x x x x x x x

X X

Moving Goal – Have coach and asst coach or 2 players hold a target each or one end of a pool noodle to create a goal. Each player has a ball.. Players try to score on the moving goal.

1. Hold goal up high and require players to dribble through to score.
2. Hold goal waist high and require players to pass or shoot through.

Get Outta Here – Make a grid 25x25, gather all the balls in the middle and divide the group into two teams put one team on either side of you. Knock a ball into play and the first two players play 1v1. If a player scores he stays on the field.

Scrimmage if time allows.