* 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

Cops and Robbers – Coach sets up 8-10 tall cones(if no tall cones available, use disc cones with balls on top of cone). Robbers dribble their ball. Cops do not have a ball (Only 2-3 cops) Robbers try to rob the banks (knocking the cones down/balls off the cones with their balls). While the cops try to stand up the cones/put balls back on cones before all the banks are robbed. Rotate the cops and robbers.

1v1 to 2 goals – Make a 30x20 Yards grid. Put cone goals in the corners. Play 1v1 across the grid but players can score on either goal in the opposite corners. If the defending player steals the ball he can score in the goals in the opposite corners as well.

Scrimmage if time allows.