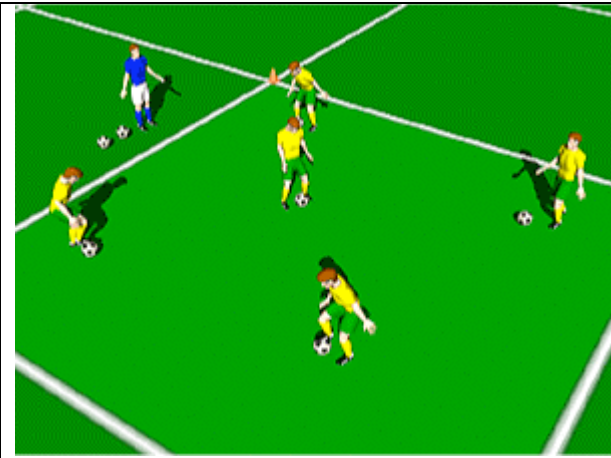


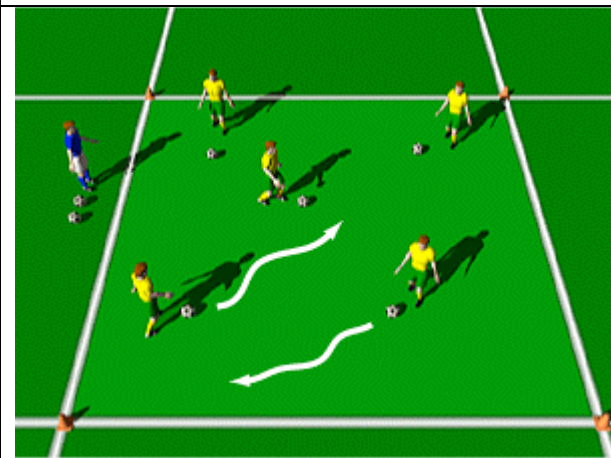
Warm up with ball



Meet Your Ball: (ball introduction)

Have players tap the ball back and forth from left to right foot while jogging in place. Have them roll the ball forward and backward using the sole of the feet. Have them move side to side or in a circle using the outside of each foot. Allow them to be creative and combine all surfaces of the foot in any sequence while moving around each other.

Give specific commands such as "Stop", "Dribble", "Tap Dance",



Show me the Moves

The group is positioned in a grid 20 x 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are;

Stop – Stop the ball using the sole of the foot.

Turn – Change direction 180 degrees.

Step Over – Perform a step over move over the ball.

Fake – Fake to pass or cross the ball.

Explode – Change speed rapidly into an open area.