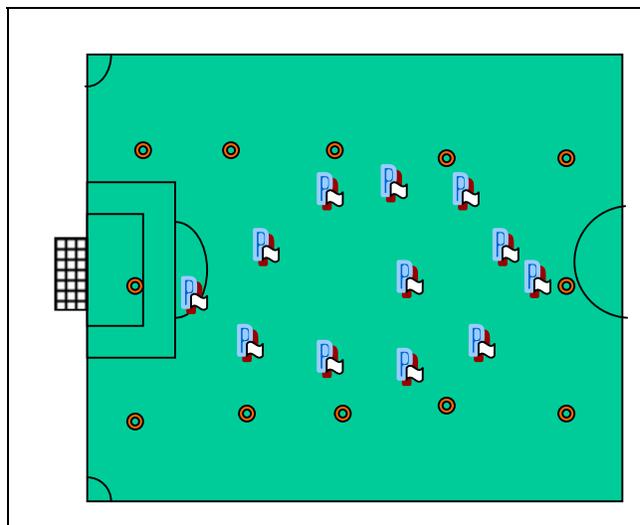


WEEK 5: Dribbling skills, Passing Skills

Activity 1: Warm Ups: Flags (10-15 minutes)

Each player has a flag tucked into his or her waist. This can be a penne or something similar that can be pulled out. The area of play should be sized so that the players can move sufficiently, but not too large that the players can stand still without their flags being threatened. The goal of this activity is to collect as many flags as possible in the time allocated. Collecting a flag involves taking it from another player and tucking it into the waste.



Each round is 1 minute.

Round 1: Players do not have balls. See who can collect the most flags from other players. Play a second round.

Round 2: Players each have to get flags while dribbling and maintaining control of a ball. For this round, the area should be sized down from round 1.

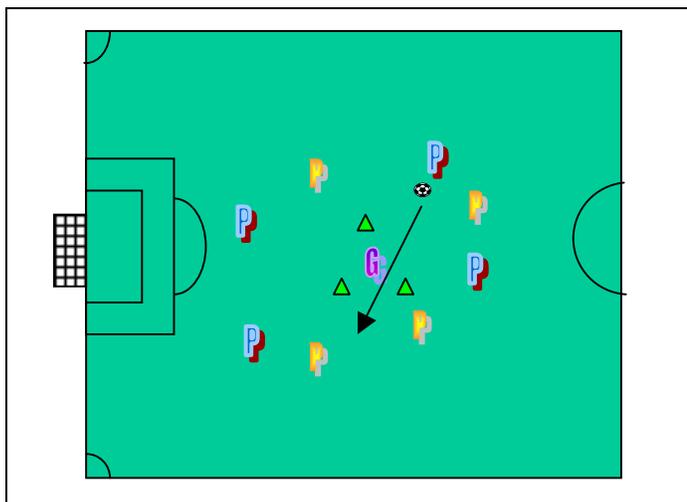
Purpose/Coaching Points:

- **Develop foot quickness**
- **Strategy of finding the open space**
- **Positioning the body to protect the flag from other players**
- **Improve ball control for close, side-to-side movement**

Water Break!!!

Activity 2: Triangle Goal Game (10-15 minutes)

Two teams attack a three-sided goal. The goal keeper defends all three sides. If the ball goes through a side, it scores a point. If the goal keeper makes the save, the ball is thrown into open space. Start with one ball. First team to 5 goals wins. Can proceed to two balls in a second round.



Purpose/Coaching Points:

- **Passing to team mates**
- **Switching between defense and offense**
- **Strategy**

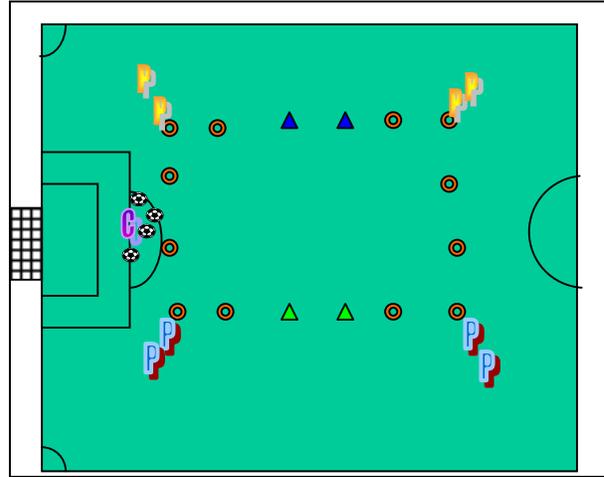
Water Break!!!

Activity 3: 2 V 2 Game (10-15 minutes)

Players occupy four corners of the field. When the coach plays a ball in, one player from each line enters, making it 2 vs. 2. Players attempt to score a goal. Play continues until a goal is made or the ball goes out of play. First team to score 5 goals wins the game. Balls are served in quickly, and players asked to be ready. Small goals have no keepers.

Purpose/Coaching Points:

- **Passing to team mates**
- **Finding space – not clustering around the ball.**
- **Switching between defense and offense**
- **Strategy**



Water Break!!!!

Scrimmage!