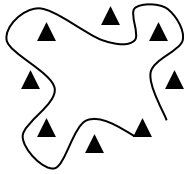


Duck-Duck Soccer



Circle Size:
6, 8 or 10 yards

Objectives:
One player dribbles in front of everyone else saying Duck-Duck. When he says soccer, the player sitting tries to dribble forward through everyone else as fast as possible. The chaser must run backwards, weaving through everyone, trying to tag the player.

Emphasis: Ball control & Turning

Advancement: Single foot

Cheetah Speed



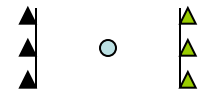
Line Distance: 10, 15 or 20 yards

Objective:
Give each team a pinnie color and give each player a number. Call out two numbers and they race to the others line. Winner steals that player to their team. Winning team steals all players.

Emphasis:
Pushing the ball in front (2-4 yards)

Advancement:
Laces (pushing with the laces lets you run faster); next, go to single foot

Bacon Stealer



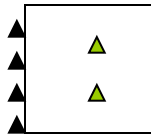
Line Distance: 8 or 10 yards

Objective:
Split the team in two and give each player a number. Place the ball in the middle and call out two numbers. Winner brings the ball back to his/her team; stealing the bacon and that player.

Emphasis:
Stealing the ball, body position and shielding.

Advancement:
Aggressive, contact & 2V1

School Escape



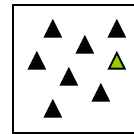
Square Size:
6, 8 or 10 yards (based on #s)

Objective:
Without leaving the area, the kids try to escape to the other side without getting caught by security. Those that go out of bounds, get their ball kicked out or stolen by security must go to the principals corner (sit out next round and work on their skills).

Emphasis: Ball control, turns & cutting.
Smaller square = tighter skill
Larger square = more speed

Advancement: Single foot

Freeze Dribbling



Square Size: 8 or 10 yards (based on #s)

Objective:
Each player dribbles with a ball staying away from the freezer (player; without ball). If the freezer stops your ball (no kicking) or you go out of bounds, your frozen. The only way to thaw out is someone dribbling touches your ball. Until your back in, work on toe touches.

Emphasis: Ball control, turning & moving from pressure.

Advancement:
More freezers ; then single foot

I Can't See You

Requirements:
Have each player bring a headband or scarf to practice and then pair them up (one who can't see and one who can).

Objective:
Once one partner can't see, you will need to through a ball out for each group.
Level 1: No dribbling, seeing player helps the other to the ball.
Level 2: Dribbling, seeing player helps the other dribble to the ball.
Level 3: Speed contest.

Emphasis:
Communication, balance & feeling the ball with your feet without looking.