

ACTIVITY #1

Set up: Foundational Skills: 1) Tic Tocs; 2) Toe Taps; 3) Touch Touch Roll; 4) Push n Pull or "V"

Instructions: Tic Tocs. Player knocks the ball back and forth with the inside of each foot in a standing position

Toe Taps. Player alternates right and left foot touching the ball with the bottom of the foot

Touch Touch Roll. 2 toe taps and the roll the ball across the body (Tap right, tap left, roll w/ right foot and then tap left, tap right, roll w left foot) repeat

Push and Pull "V". Push the ball with the outside of the right foot and then pull ball back with the same foot to the alternate foot and repeat on the left side, repeat in the in a V motion.

Coaching Points: -Test each foundation for 30 seconds

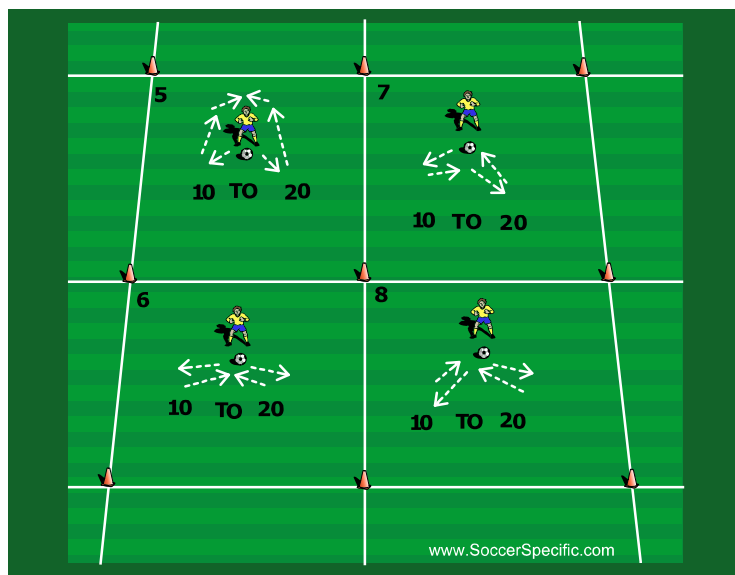
-keep feet moving

-Keep Count of reps

-Keep a record of scores for each of the players

-Make sure players are pushing themselves

-Have players work in groups so one can work and the other count



ACTIVITY #2

Set up: Foundational Skills: 5) Drag/Pull Pop; 6) Outside Inside Outside Inside; 7) Outside Inside Push and Pull Right Foot

8) Outside Inside Push and Pull Left Foot

Instructions: Drag/pull Pop-Drag the ball back with the right foot and pop it behind standing leg and then repeat on the left foot
Outside Inside Outside Inside-Touch ball with outside of foot and then inside of the same foot and then outside of the opposite foot and inside of that foot and keep repeating

Outside Inside Push and Pull Right -Outside inside right foot push and pull left foot and repeat

Outside Inside Push and Pull Left-Outside Inside Left Foot Push and pull Right foot and repeat

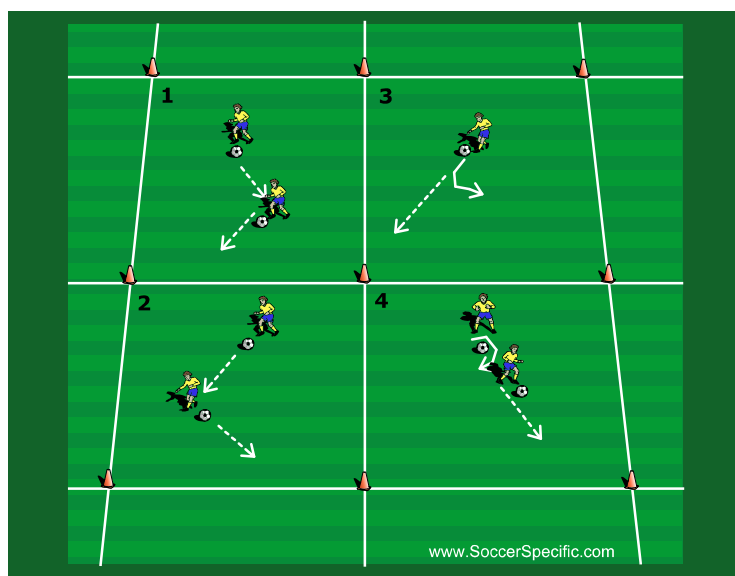
Coaching Points: -Test each foundation for 30 seconds

-keep feet moving

-Keep Count of reps and log them for each player

-Make sure players are pushing themselves

-Have players work in groups, one works and the other counts



ACTIVITY #3

Set up: Moves: 1) Inside Outside; 2) Chop; 3)

Stepover/Crossover; 4) Single Scissor

Instructions: Inside Outside-Touch ball with the inside of the right foot towards the left and then explode back to the right with the outside of the right foot.

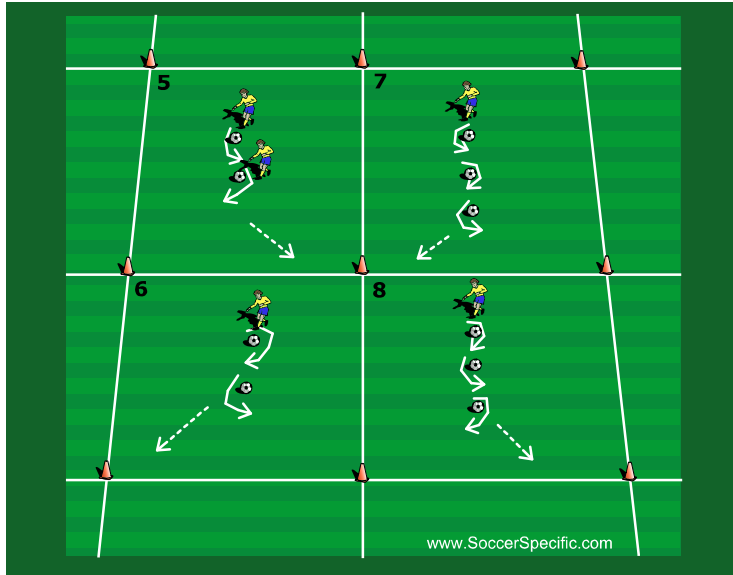
Chop-Dribble the ball slightly right and chop/cut the ball with inside of right foot behind left leg back to the left.

Stepover/Crossover-On the dribble swing your right foot over the ball to the left then explode back to the right with outside of right foot.

Single Scissor-Swing your right leg around the ball moving your right leg towards left in a circular motion and then explode to the left with outside of left foot.

Coaching Points: -Keep ball close while dribbling-Head up to see defender-Change of direction and speed

- Dribble slow and then execute move with speed-All move good to use in the open field to beat a player-Make sure players try both feet-For left foot do the opposite of the right for all these moves



ACTIVITY #4

Set up: Moves: 5) Steppover/Scissor right; 6) Steppover/Scissor left; 7) Steppover/Double Scissors right; 8) Steppover Double Scissor left

Instructions: Steppover Scissor Right-(WindCross right leg over the ball to the left and then scissor back around to right with same foot and explode left like a windshield wiper blade

Steppover Scissor Left-Same as the right but movements are in opposite direction

Steppover Double Scissor Right-Crossover right leg to the left and scissor back with the right to the right and then scissor left and explode to the right

Steppover Double Scissor left same as right but the movements are the opposite

Coaching Points: -Keep ball close while dribbling

-Head up to see defender

-Change of direction and speed

- Dribble slow and then execute move with speed

-All move good to use in the open field to beat a player

-Make sure players try both feet