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Get the coach - Each player has a ball. The players have to dribble and attempt to pass the ball and hit the coach on the knee or below. The coach can also call out the names of players and the kids can try to hit that player. The coach can manipulate how long a player is the target for based on how quick they are.

HIT THE COACH - OBJECTIVE: Dribbling in different directions and have them pass/shoot at a target.

TIME – 5-10 minutes

Click here for video demo:

<https://www.youtube.com/watch?v=yWn3oENYVmc>

LEARNING: Can you keep the ball close when dribbling. Keep your head up and see where the target is moving to.



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Coach selects player or players to start in the middle with the balls. Those players have to dribble and pass the ball to hit the other players on the knee or below. Once a player is hit they then go to the middle and get a ball and try to hit other players on the knee or below.

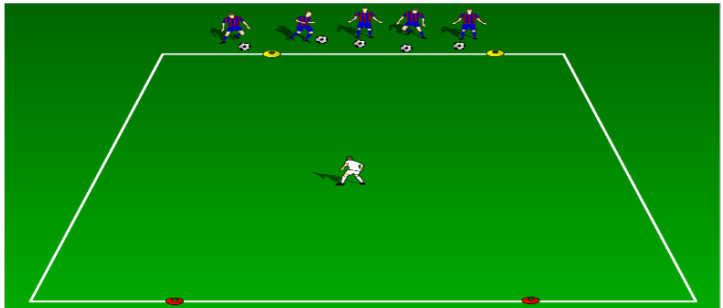
PAC MAN - OBJECTIVE: Dribbling, change of direction, keeping head up.

TIME – 10 – 15 minutes

Click here for video demo:

<https://www.youtube.com/watch?v=ffxbcq5a3sg>

LEARNING: Can you keep ball close and head up when dribbling.



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Bull dog - This game has many varieties. Coach starts in the middle, the players start at the yellow cone line and have to get to the red coned line. Start with the players just running without a ball to get the idea, then the next game the players dribble and the coach has to tag them, then the next game the players dribble and the coach in the middle also has a ball. Once players are caught in this game they join the player in the middle. Go from end to end until all players have been tagged.

BULL DOG - OBJECTIVE: Dribbling, change of direction, keeping head up and see the spaces.

TIME – 10 -15 minutes

Click here for video demo:

<http://www.youtube.com/watch?v=gCW-H4sJhtM>

<http://www.youtube.com/watch?v=kFLqbsgYwbc>

LEARNING – Keep your head up and dribble to space.

For the remainder of the session have the players scrimmage. Try to play 3v3 so have more than one field if you need to. Encourage players to get their heads up as they play and remind them that the ball does not get out of breath, hot, tired, or sweaty. Focus on getting them to get their heads up and dribble, pass, or shoot.