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**DRIBBLING/GETTING THE HEAD UP – Game 1 – SUPER DRIBBLER FREEZE TAG** – Place cones down 1 yard apart to make small goals (ORANGE CONES). Make between 7 to 10 goals. Each player needs a ball. Select one player to be the tagger. Players have to dribble through goals and score as many goals as they can. Tell them once they have dribbled through one goal they have to dribble through the rest before they dribble back through that one. **YOU CAN CHOOSE WHAT THEY NEED TO DO IF THE TAGGER TAGS THEM** – Things like have them hold the ball, juggle it once with their foot, and then catch it.

**FREEZE TAG WITH GOALS - OBJECTIVE:**  
Dribbling in different directions away from pressure.

TIME – 5-10 minutes

Click here for video demo:

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

**LEARNING:** Keep your head up and see where the freezers are. Dribble through goals but stay away from freezers.



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**DRIBBLING/SHIELDING/GETTING THE HEAD UP – Game 2 – KICK OUT** – Mark off a 15 x15 area. Each player should have a ball. Players have to shield their ball and attempt to kick the ball of other players outside of the area. If a player's ball gets kicked out they lose a life. Tell each player if they kick a ball out they get a life. Play for a couple of minutes and see how many lives players have. Reset the number of lives they have a start the game again.

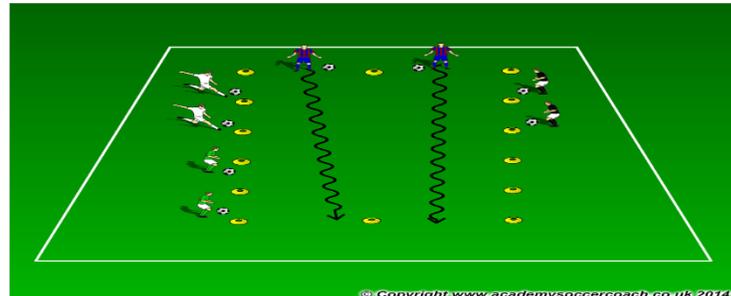
**KICK OUT - OBJECTIVE:** Dribbling with head up and shielding ball from opponent.

TIME – 10 – 15 minutes

Click here for video demo:

<http://www.youtube.com/watch?v=5BqKehO6HwY>

**LEARNING:** Can you keep ball close and head up when dribbling. Also try to attack other players.



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**PASSING/SHOOTING/DRIBBLING – Game 3 – SPACE INVADERS** – Set a channel 10 – 15 yards wide. Make teams of 2. Have 2 players stand at the end of the channel and have the rest stand at the side of the channel. On the coaches command the 2 players at the end of the channel have to dribble with their ball to the other end of the channel. The players on the sides of the channel have to kick their ball and hit either the dribbler below the knee or hit their ball. See which teams gets back and forth the most times. Players rest in between each run so the players can reload.

**HUNTERS AND RABBITS - OBJECTIVE:** Try to pass/shoot your ball and hit a moving target.

TIME – 10 -15 minutes

Click here for video demo:

<http://www.youtube.com/watch?v=R1BDT2LB0dg>

**LEARNING** – Using inside of foot or laces try to shoot your ball and hit the target.

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.