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**DRIBBLING/CHANGE OF DIRECTION – Game 2 – FOUR SQUARE** – Cone off a square – Figure out what size you need it. At the corner of each square cone off another small square. Split the players amongst the 4 squares and give them each a ball. Have a player or 2 in the middle of the area without a soccer ball. The object for the player in the middle without a ball is to tag players. The object for the players is to dribble from one square to the other without being tagged. They cannot be tagged when they are in a small square. Players get 1 goal each time they dribble from 1 small square to the other. At the end see who gets the most goals. Then switch the tagger in the middle and play again. TIP – To make the game easier for the players and harder for the taggers you can have the tagger dribble a soccer ball and have them try to hit the players dribbling from square to square.

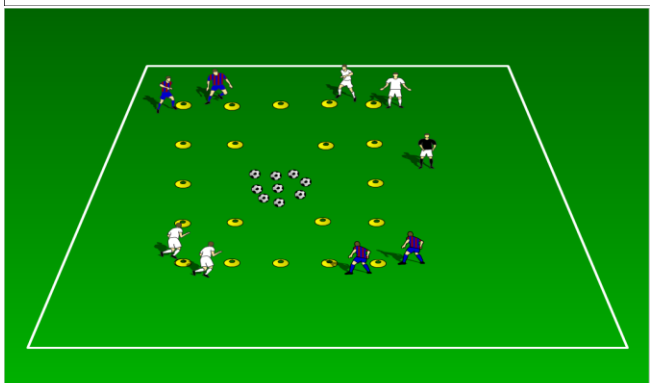
**FOUR SQUARE - OBJECTIVE:** Dribbling in different directions and have them get their heads up.

TIME – 5-10 minutes

Click here for video demo:

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

**LEARNING:** Can you keep the ball close when dribbling. Keep your head up and see where the tagger is or see where you need to go to unfreeze soccer friends.



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**DRIBBLING/CHANGE OF DIRECTION – Game 3 – FIRE DRILL FOUR SQUARE** – SAME SET UP AS FOUR SQUARE – Then have players (teams) in all four small squares. All soccer balls should be in the middle of the main square. The object for players is to get as many balls as possible in their small square. Players have to dribble and get the balls in the middle and dribble them back to their square. Then they can STEAL balls from others teams squares and dribble them back to their square. Players can only dribble one ball at a time. Players cannot guard their base.

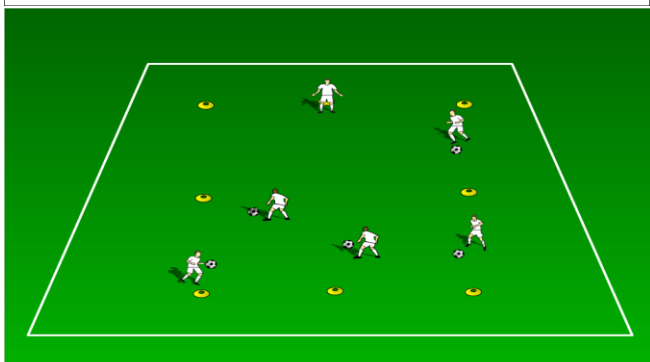
**FOUR SQUARE STEAL - OBJECTIVE:** Dribbling in different directions and have them get their heads up.

TIME – 5-10 minutes

Click here for video demo:

<https://www.youtube.com/watch?v=Ceu8gXN7d7g>

**LEARNING:** Can you keep the ball close when dribbling. Keep your head up to see where you can go to steal some balls and dribble them back quickly.



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**DRIBBLING/PASSING/SHOOTING – Game 1 – FREEZE TAG** - Give each player a ball except for one. The player without the ball is 'it' and tries to freeze you by touching (not kicking it away) your ball. When this happens the player is frozen and must lift the ball above their head and spread their legs wide to create a "goal." The player can be 'un-frozen' when another player kicks the ball through the frozen players legs. Play until all players are frozen or the player that is it is exhausted. TIP - If your players are not able to get everyone frozen add a second chaser.

**FREEZE TAG - OBJECTIVE:** Dribbling in different directions and have them get their heads up.

TIME – 5-10 minutes

Click here for video demo:

<http://www.youtube.com/watch?v=cSJSk9iPvus>

**LEARNING:** Can you keep the ball close when dribbling. Keep your head up and see where the tagger is or see where you need to go to avoid being tagged.

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.