Activity Title: Parts of the foot
U7-U9

Activity Name: The Cross - Multi-touches for repetition(inside outside touches)

Activity Setup: Make a diamond with cones 10yds apart for every 4-8 players no more than two at a cone. Place a cone at the center of the diamond. A player with a ball at each outside cone.

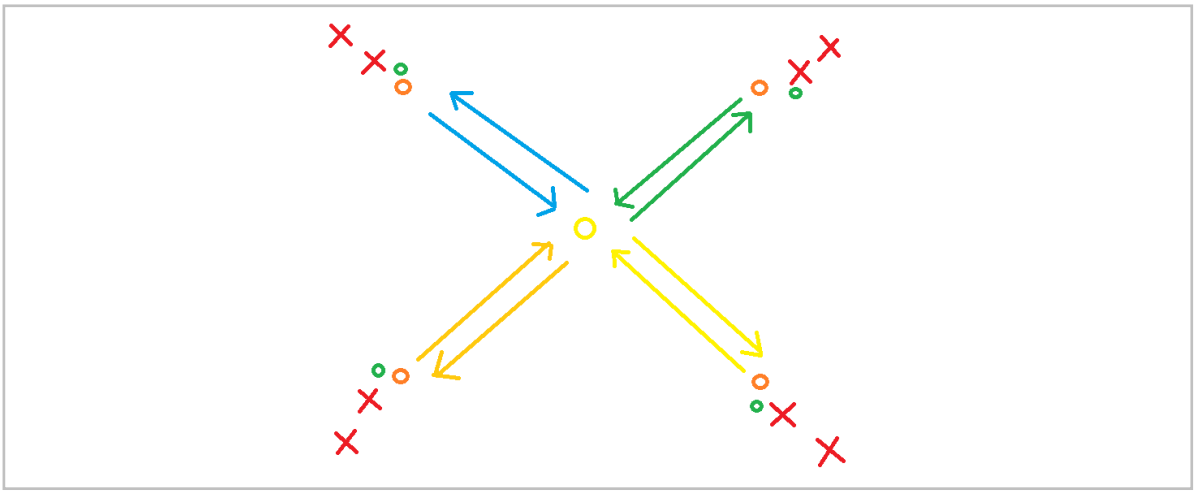
Activity Description: Players dribble towards center cone using the inside and outside of one foot, turn using the inside or outside of the foot at the cone and use the other foot back.

Emphasis:

-Left-Right
-Quantity and precision
-not speed
-Sharp touches

Cue Words:

Pop the touch
Left Right



Activity Name: The Cross - Multi-touches for repetition (sole rolls)

Activity Setup: Make a diamond with cones 10yds apart for every 4-8 players no more than two at a cone. Place a cone at the center of the diamond. A player with a ball at each outside cone.

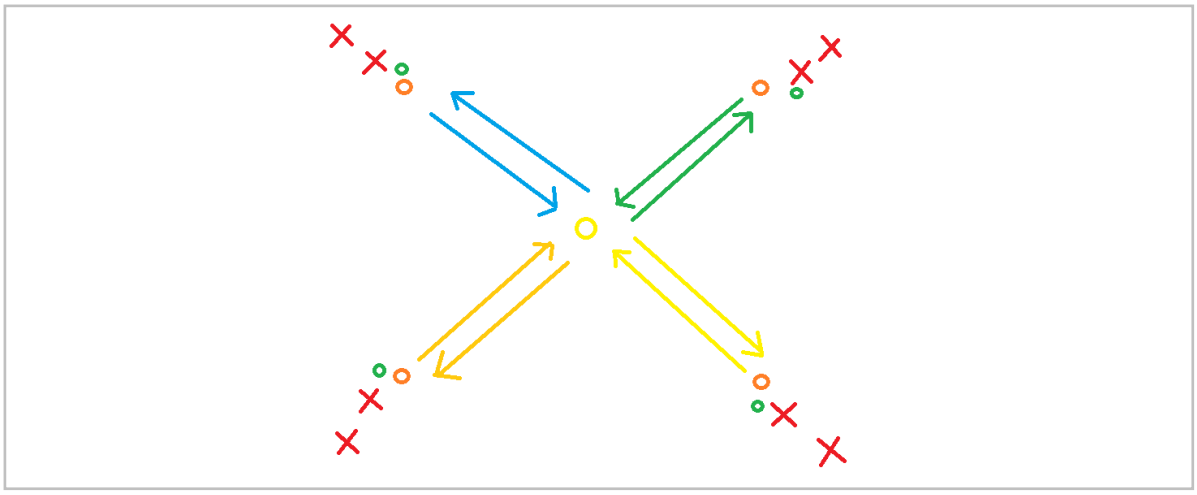
Activity Description: Players dribble towards center cone stepping on the ball w/one foot and rolling it across the body, then step on ball w/other foot and roll it back across the body repeat gaining a little bit forward each time. Turn w/sole pulling back and repeat to first cone.

Emphasis:

-Left-Right
-Quantity and precision
-not speed
-Sharp rolls

Cue Words:

Grip and rip
Left Right



Activity Title:

Activity Name: Chaos Box - Implied pressure

Activity Setup: Make a 10x10yd grid. All players w/ball in grid.

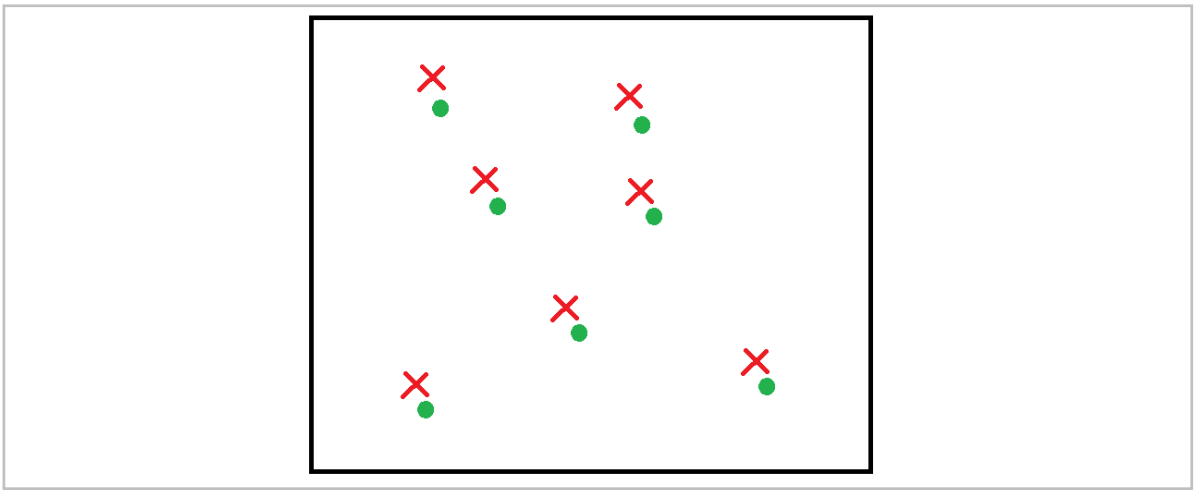
Activity Description: Each player will use their feet w/ no other restrictions to dribble the ball in the box without touching another player, another players ball or leaving the grid. 6 rounds of 15ish seconds.

Emphasis:

Sharp touches
Sharp rolls
Control

Cue Words:

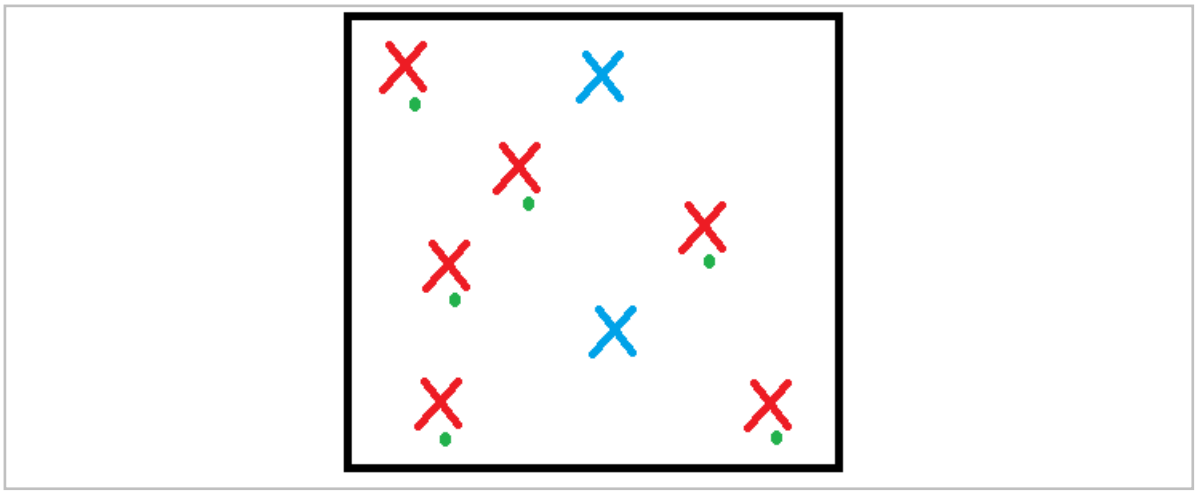
Pop the touch
Grip and rip



Activity Name: Chaos Box - Active Pressure

Activity Setup: Make a 10x10yd grid. All players w/ball in grid except two.

Activity Description: Each player will use their feet w/ no other restrictions to dribble the ball in the box w/o a defender touching their ball or leaving the grid. If a defender touches a ball or it leaves the grid they exchange the ball with the defender. 4 rounds of 30ish seconds.

Emphasis:

Cue Words: