Activity Name: Grid 1 1v1 touches
Activity Setup: Place three cones next to each other for each player with a ball in the grid. All players have a ball

Activity Description:
Player will start with the ball still directly behind the three cones facing them. Coach will call out a touch or roll, player will touch or roll the ball laterally until they clear the cones then forward past the cones. They will then turn and face the opp. side of cones
Emphasis: cones then forward past the cones. They will then turn and face the opp. side of cones
Sharp touch
Quick escape
Cue Words:
Quick Touch
Go

Activity Name: Grid 2 Passing wall taps
Activity Setup:
Bounce back walls placed with a line 3 yds away from each on a cone. Place a ball 1yd away from each wall.

Activity Description:
Players will run up one at a time, using the proper part of the foot to pass the ball into the wall and receive at the same spot. Then run back to the line. Next player goes.
Emphasis:
Fat part of the foot
Firm strike

Cue Words:
Fat part
Strike through

Activity Name: Grid 3 Turns (Take it back)
Activity Setup: All players start with a ball. Create 2 lines of cones parallel about 2-3 yds apart. Players form lines across from each other with a ball at the front of one line on the line

Activity Description:

Emphasis:
Sharp turn quick touches

Cue Words:
Sharp turn quick touch

Player across from the ball will run to the ball and use the inside outside or sole to turn the ball and dribble it back to the opposite line, stopping it on the line. Then go to the back of that line. The opposite player will then do the same thing bringing it back
$\square$


Activity Name: Grid 4-Steal and win
Activity Setup:
Create a box 1x1yard with cones placed 1 yard away on opposite sides. 2-3 players will line up at each line. A ball is placed in the center of the box.

Activity Description:
Competition - Players from each line will sprint to the ball and try to dribble the ball with control out of the box. Player with control out of the box wins.
Emphasis:
Quick step lateral movement or turn don't just kick

Cue Words:
Quick step left/right/turn


