Activity Title: U5 Day 1 Grid 3

Activity Name: Open dribbling speed changes

Activity Setup: All players will have a ball and spread out in the grid

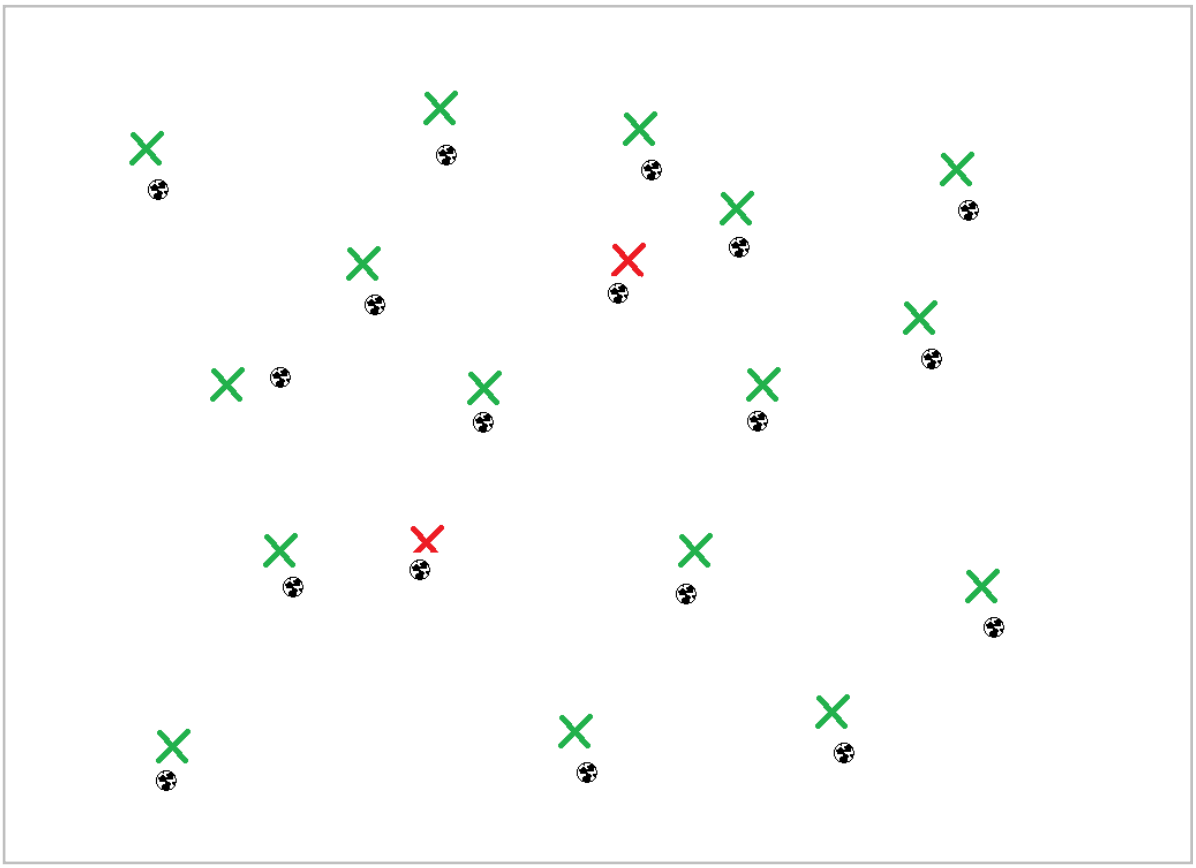
Activity Description: Coach will call out Fast, Slow Stop. Player will try to dribble the ball around the grid at random at the speed being called out.

Take small encouragement breaks and do something silly to break the monotony (wiggles, jumps, run away from the ball to a line and back real fast, be creative)

Emphasis:

Keep the ball close

Listen while moving

Cue Words:

Individual encouragement at anything correct or close