Activity Title: Grid 1 day 1 Youngest

Activity Name: Simple touches with direction in a defined space

Activity Setup: Create grids of 2yds by 2yds, a player in each grid with a ball. Players start in the center of the grid.

Activity Description:

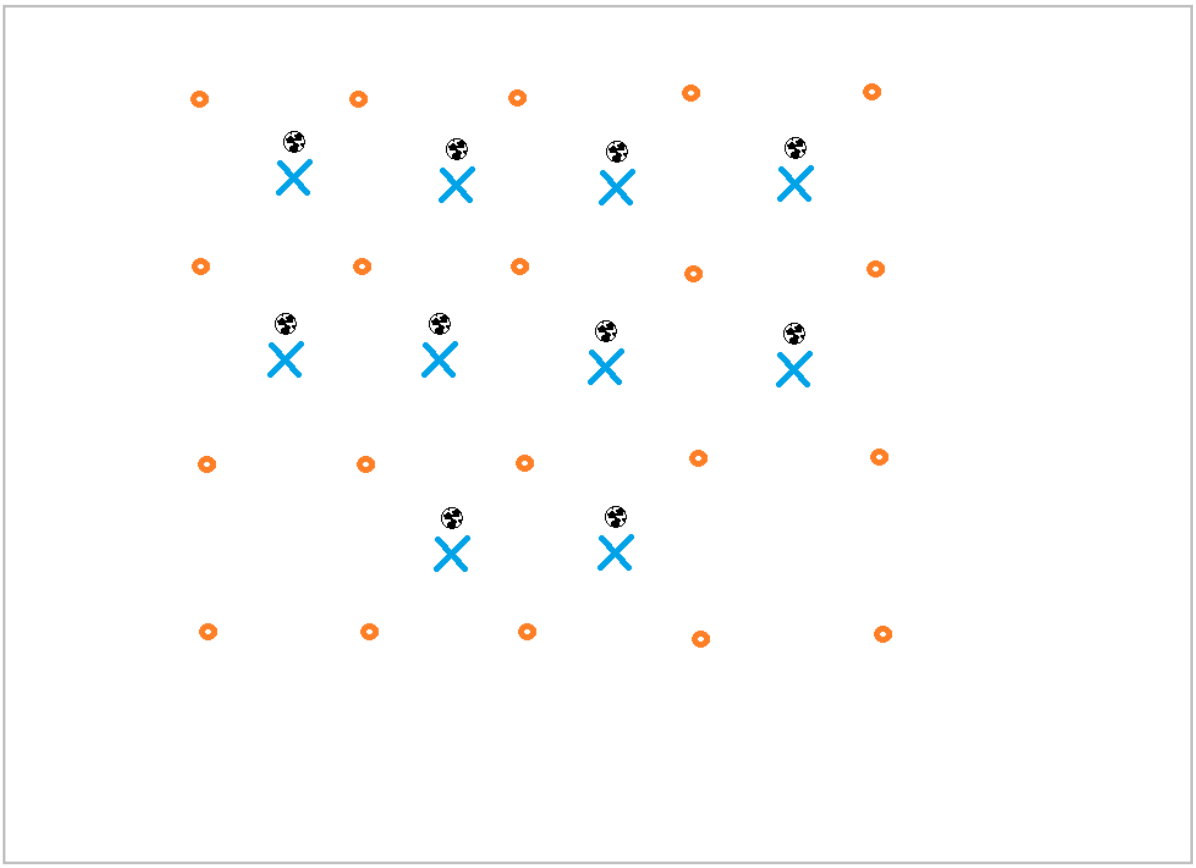
1. Coach will call out forward, backward, left or right. Players face coach. Players will make a quick sharp touch to the line in the direction called and return to the center of the grid. Hips facing the same direction the whole time.

2. Coach calls out a direction(forward, left, right, back). Players will start facing the coach and turn with the ball drive to the corresponding line and turn and drive back to the center and face the coach.

3. Coach calls face, or turn and points. Players must drive that direction either facing forward (Face) or turning to the target and turning back (turn) and drive back to the center based on the call and point.

Emphasis:

Small accurate touches
Distance not important



Cue Words:

Active body
Sharp touch