Activity Title: Grid 2 Day 1 Youngest

Activity Name: Object awareness and avoidance change of direction touches

Activity Setup: (Objects) will be placed all around the grid. Enough to force congestion with players in the grid. All players have a ball

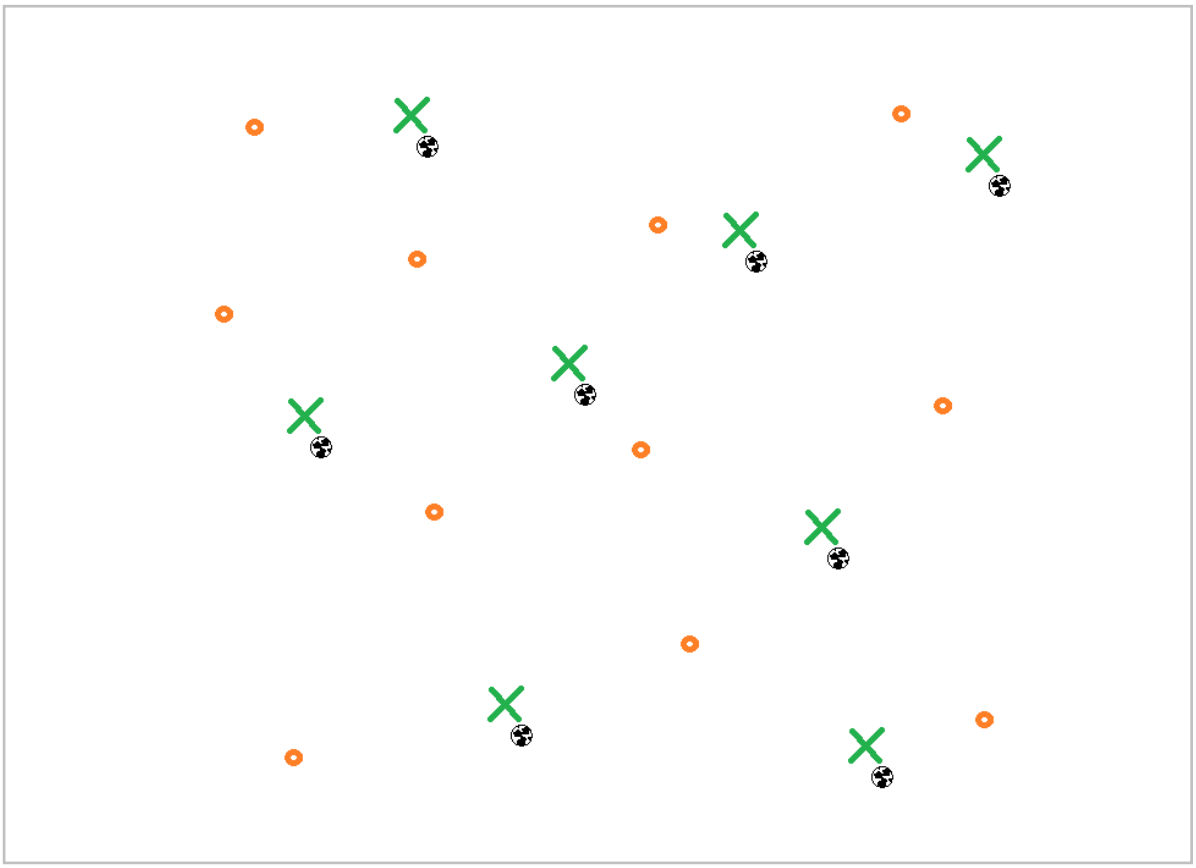
With a larger group, break them up into two groups.

Activity Description:

Players will dribble around the grid. When they come to an object/player, they will quickly trap or step on the ball and put their body between the object. Change direction and dribble away from the object. Continue for given time.

Emphasis:

Quick step in
Escape fast



Cue Words:

Step Fast!
Escape!