Activity Title: Youngest Grid 3 Day 1

Activity Name: 1v1 Dribbling methods

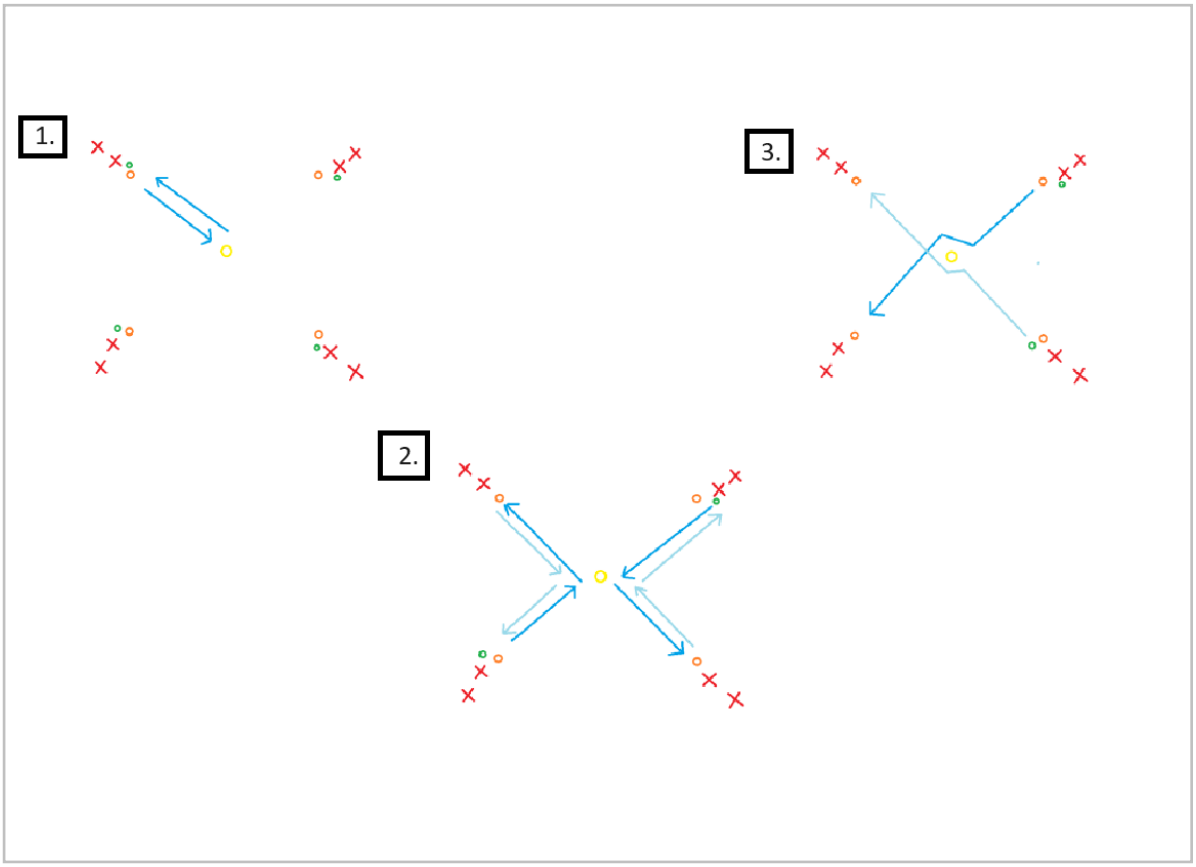
Activity Setup: Create a diamond 8yds by 8 yds with a cone in the center. Players will divide evenly on the outside cones. No more than two to a cone. First player at each cone will have a ball.

Activity Description: Players will dribble directly to the center cone.
1.Right before they get to the cone, they will use the inside, outside of sole of the foot to change directions back to the line they came from and give the ball to the next player in line.
2.Using the inside, outside or sole of the foot they will change directions and dribble quickly to the next player to the right(counter clockwise). Give the ball to the next player in that line(they will go clockwise)
3.Use the inside outside or sole to dribble the ball to the right or left of the cone and then drive to the opposite cone giving the ball to the next player.

Emphasis:

Sharp small touch

Explode after the move



Cue Words:

Sharp Touch

Escape!