Activity Title: Grid 4 Day 1 Youngest

Activity Name: Jump Sprints w and w/o ball (Emphasis on exploding with the ball)

Activity Setup: Place a starting gate of two cones about 2 yards away. Put three cones close to each other as a jumping obstacle 1 yard away from gate. Place another two cones as a gate to start sprinting about another yard away. Copy this about 5-6 yards away.

Add a ball to one gate just after the jump in each set created for part 2

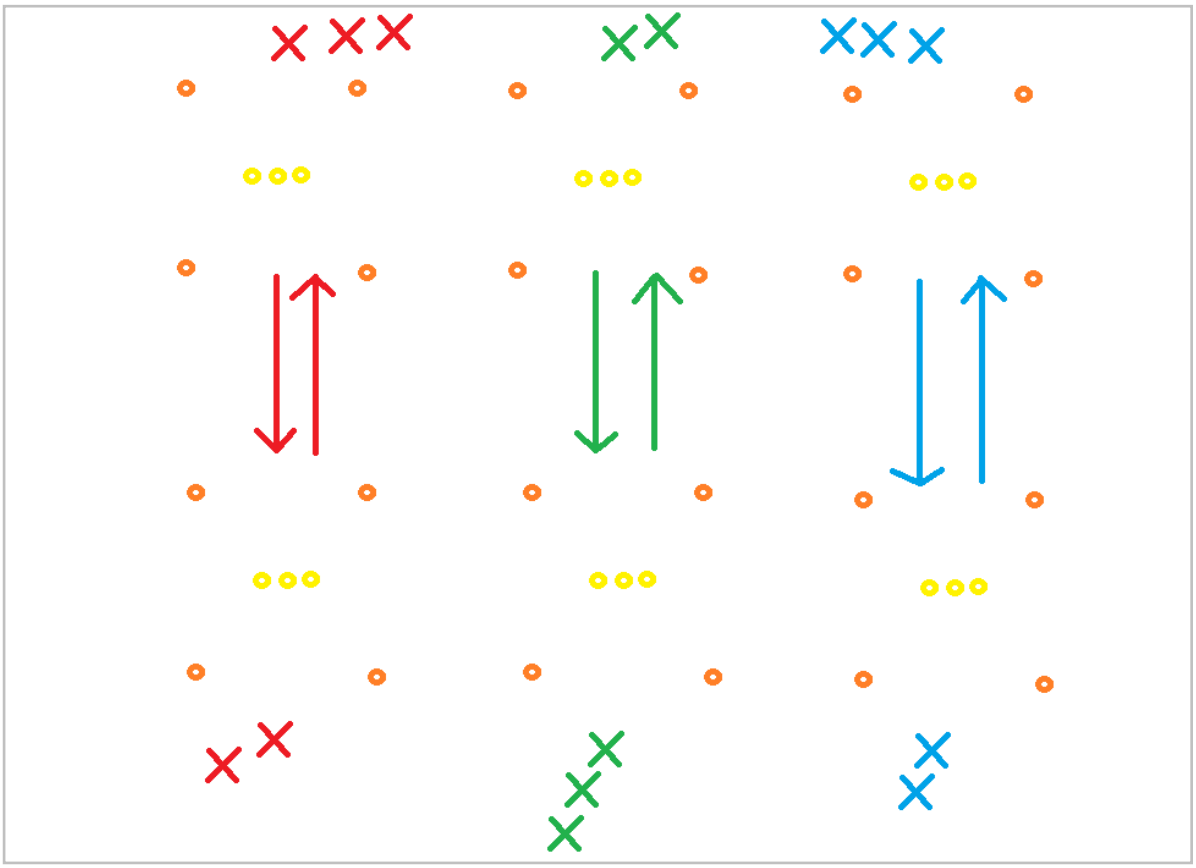
Activity Description: 1. Players will start at the first gate and quick step then two foot jump over the cones, quick step then sprint to the next set, jump over the cones then quick step to the finish.

2.Players quick step and jump two footed over the cones, step quick to the ball and sprint with the ball to the next set of cones. Stop the ball then quick step and jump over the cones and step to the end.

Emphasis:

Controlled push on first touch

Cue Words:

Quick Feet

Active Body