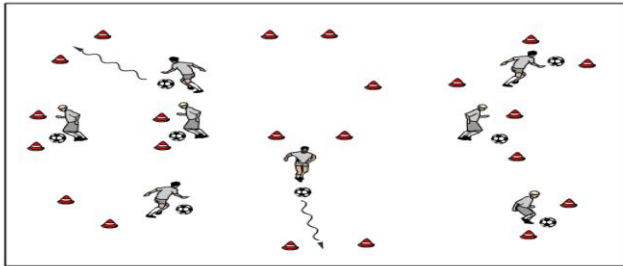


Multi Goal Dribbling



Organization

- Each player has a ball
- Place multiple goals 2-3 yards apart throughout the playing area.
- On command players dribble through as many goals as possible in a specified time. Players cannot go through the same goal twice in succession
- Challenge the players to see who can go through the most goals
- Condition the activity – left foot only, right foot only, sole only etc.

Key Coaching Points

- Keep head up
- Dribble with your laces to cover distance
- Use inside and outside of foot to change direction
- Bend knees while dribbling and stay low to the ground

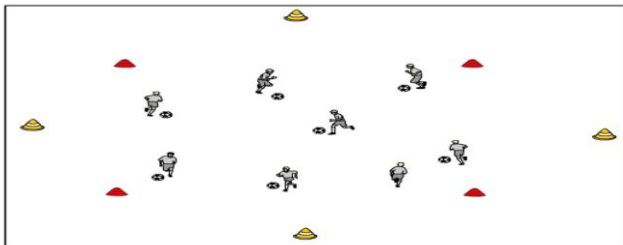
Bulldog



- Coach starts as the bulldog in the middle of the playing area
- All the players are at one end of the playing area with a ball
- On the coach's command of "go bulldogs" the players must get to the opposite side of the playing area without their ball being kicked out by the coach
- If a player's ball is kicked out they become a bulldog
- Last player with a ball wins the game and becomes the bulldog for the next game

- Change pace and direction

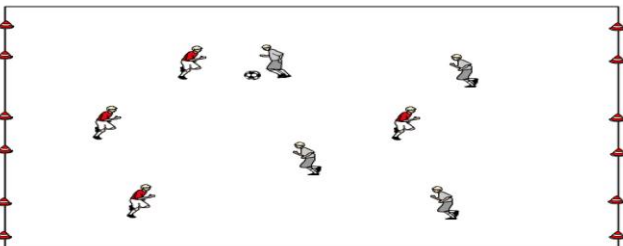
Musical Balls



- Place 4 cones outside the playing area
- Players dribble in the playing area
- On command, players stop their ball and then run around any of the four outside cones
- Last player to get back to a ball loses a life
- Make sure all players are moving in the playing area not staying by the sides

- Keep head up and be aware of the space
- Keep ball within easy playing distance to stop it quickly

Small Sided Game – Multiple Goal Game



- Divide players into two equal teams
- Place three goals on either end of the playing area
- Players score by dribbling through one of the multiple goals on the opponent's end line

