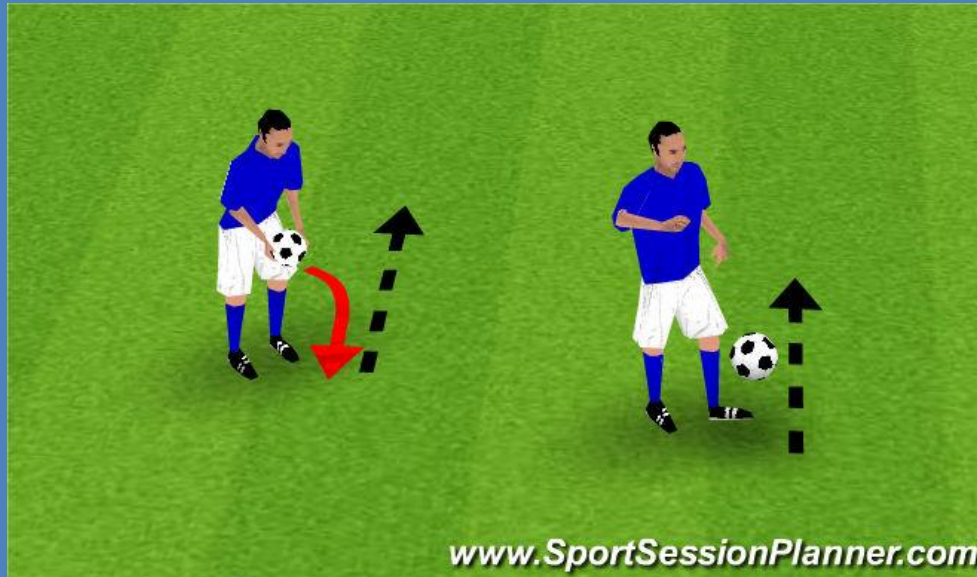


Juggling



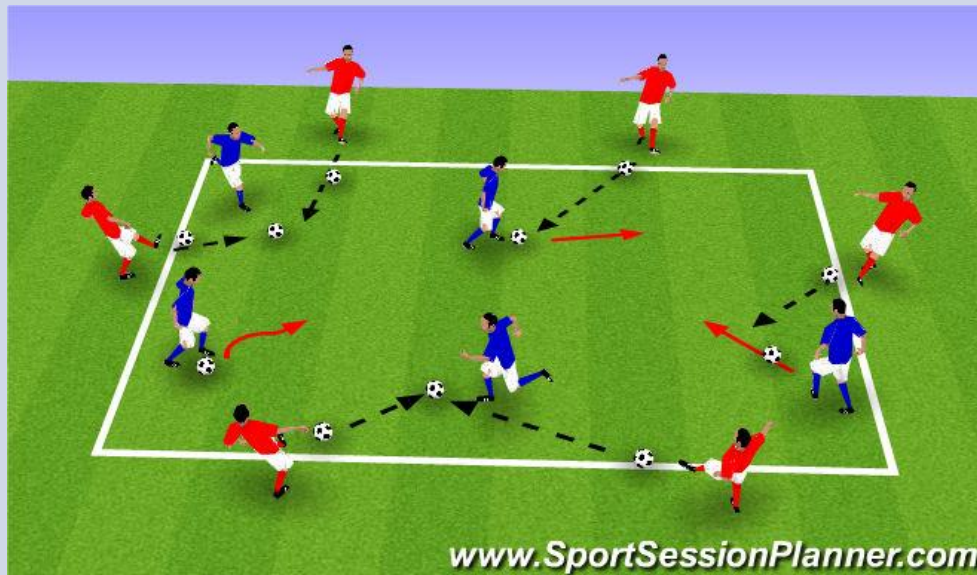
RULES

- Each player with a ball
- Player throws the ball lets it bounce and tries to kick the ball
- Can they kick and catch
- Try without bounce

POINTS

- Keep eye on the ball
- Soft touches (don't let it go above the chest)
- Little movements of the feet

Control your ball



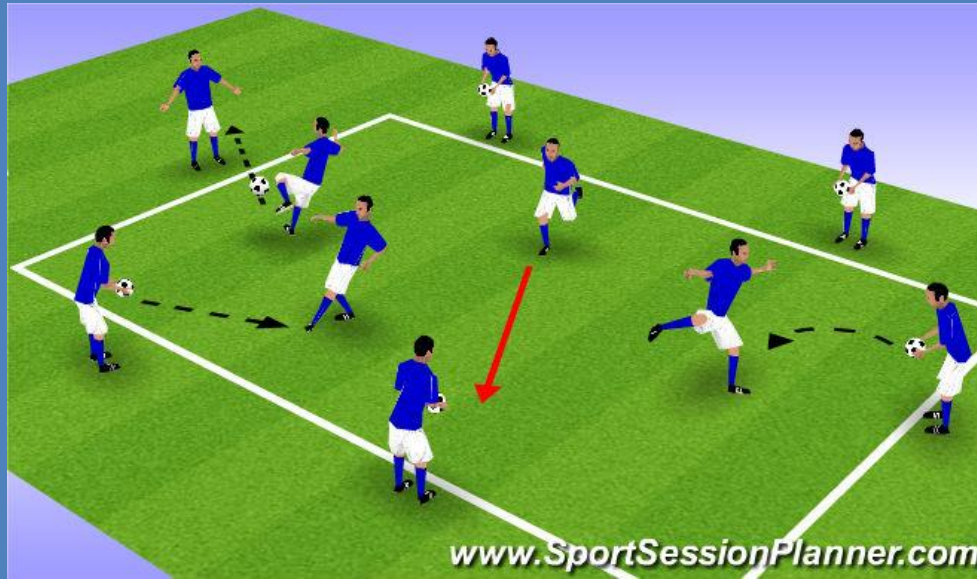
RULES

- All players with a ball
- 2 groups. One on outside of box and one inside box
- Players on inside dribble ball in area and try and avoid ball being hit
- Players on outside try and kick their ball and hit a players ball who is in the area
- Players start with 10 points. If ball is hit they lose a point
- Rotate after 30 secs

POINTS

- Keep head up
- Keep ball under control and close
- Get body in way if ball comes

Technical Square



RULES

- 2 groups. One on inside of square without a ball and other on outside square with ball
- Players pass ball to players in box
- Players must one touch ball back
- Rotate after 30 secs
- Change body part to control

POINTS

- Players call for the ball
- Get body inline as ball comes toward them
- Push ball back to server

Knock ball off cone



RULES

- In pairs with 2 balls and a cone
- Players put one ball on cone
- Player passes to partner who, with one touch, passes the ball to knock the ball off
- Try by player throwing so partner has to volley at cone

POINTS

- Align body to face the target
- Adjust feet as ball comes in
- Push ball in straight line at cone

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- Keep ball under control