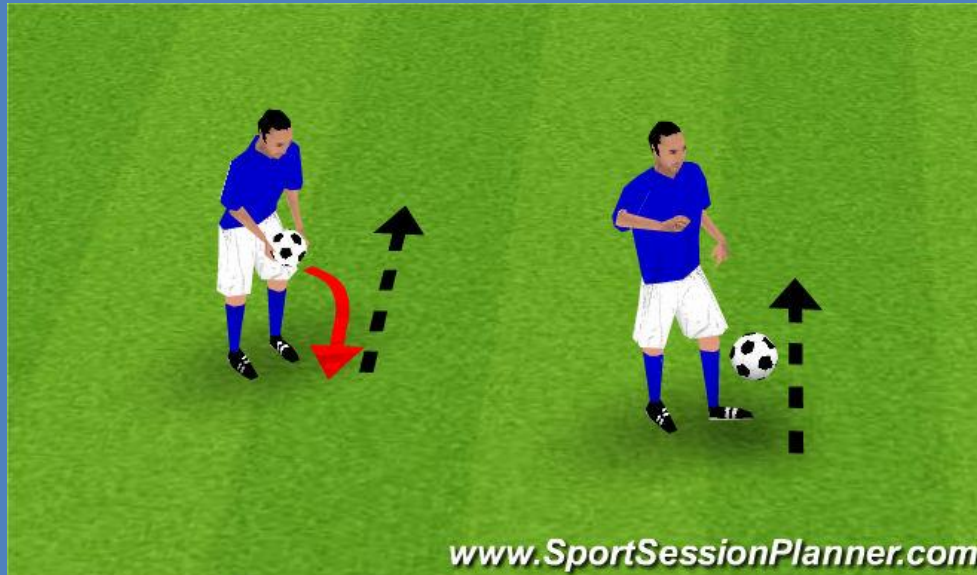


## Juggling



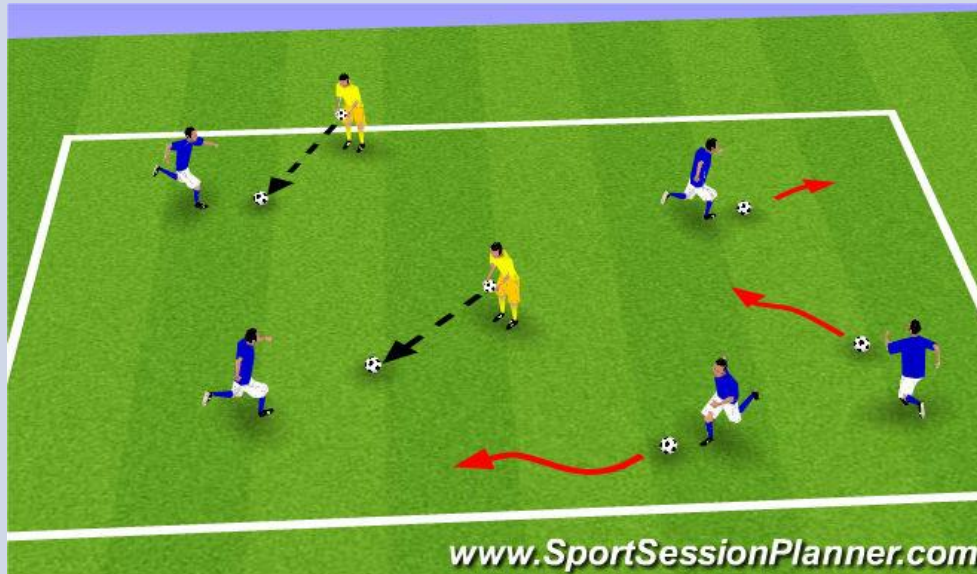
## RULES

- Each player with a ball
- Player throws the ball lets it bounce and tries to kick the ball
- Can they kick and catch

## POINTS

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

## 2 Up- All Down



## RULES

- 2 players with the ball in their hands
- All other players with the ball at their feet
- Players with the balls in their hands try and throw a ball to hit a ball that is being dribbled

## POINTS

- Dribblers- keep eye on ball
- Look up to see taggers are
- Find spaces
- Try and keep body in between ball and tagger

## Volley's



## RULES

- Coach throws ball into the air and one at a time player tries to volley into goal (or into assistant coaches hands)
- Rotate sides ball is thrown from

## POINTS

- Keep eyes on the ball
- Move body to get behind ball
- Try and kick with laces
- (at this age any contact is good!)

## GAME



## RULES

- 4v4 with no goalkeepers

## POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- If a team mate is open look to make a pass
- Take early shots