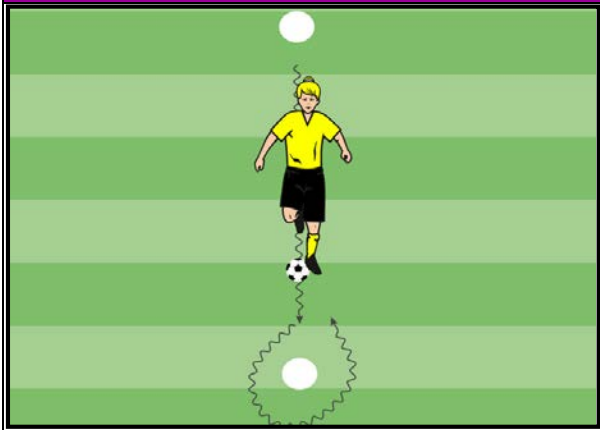




SKILL ACQUISITION: Head up, use the laces, the outside, the inside of the foot in order to move the ball forward under control.

ACTIVITY 1: BALL MASTERY



Objective: To dribble the ball forward using different surfaces under control.

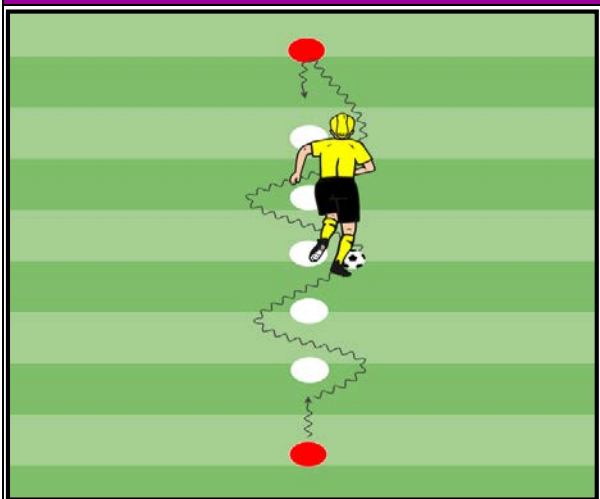
Equipment: 2 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set two markers down. Get at one end and dribble the ball forward performing the tasks below:

Tasks:

1. Use the outside and inside of one foot and go around the cone.
2. Use the inside of both feet and go around the cone.
3. Use the outside of both feet and go around the cone.
4. Using the outside and inside of both feet go around the cone.

ACTIVITY 2: LINE DRIBBLING & TURNS



Objective: To dribble the ball forward using different surfaces under control.

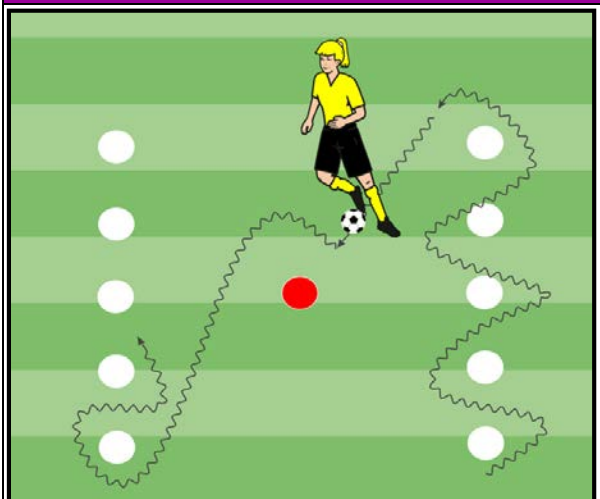
Equipment: 7 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Place 5 markers about one step away from each other and a different marker (red) about two steps away as shown in the diagram. Get in front of the red marker and dribble the ball forward performing the tasks below:

Tasks:

1. Use the outside and inside of one foot and do a turn at the red marker.
2. Use the inside of both feet and do a turn at the red marker.
3. Use the outside of both feet and do a turn at the red marker.
4. Use the outside and inside of both feet and do a turn at the red marker.

ACTIVITY 3: LINE DRIBBLING & MOVES



Objective: To dribble the ball forward using different surfaces under control.

Equipment: 11 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

Organization: Set up two cone lines and one red marker in between the two cone lines as shown in the diagram. Dribble the ball forward performing the tasks below:

Tasks:

1. Use the outside and inside of one foot and do a 1v1 move at the red marker.
2. Use the inside of both feet and do 1v1 move at the red marker.
3. Use the outside of both feet and do 1v1 move at the red marker.
4. Use the outside and inside of both feet and do 1v1 move at the red marker.