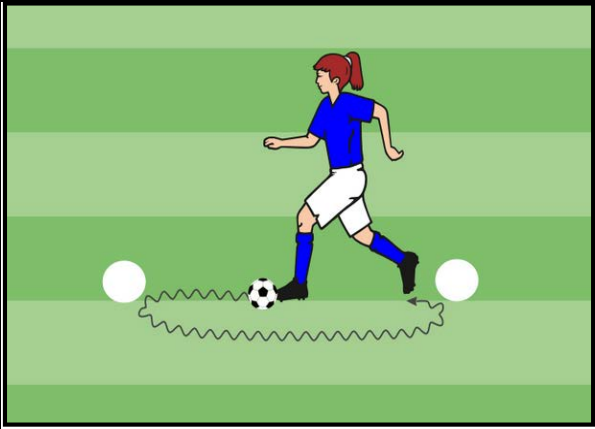




**SKILL ACQUISITION:** Dribbling: Head up, to move the ball forward use the laces portion of the foot, keep it close with small touches with your laces, to change direction use the inside, outside or the sole of the foot to turn. Accelerate after the turn.

**ACTIVITY 1: BALL MASTERY**

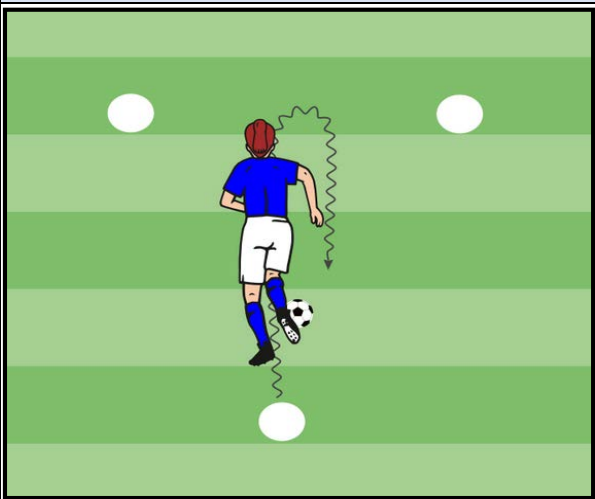
**Objective:** To dribble the ball forward and turn.

**Equipment:** 3 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

**Organization:** Set up a triangle as shown in the diagram. Get in the middle of two markers with the soccer ball and start the tasks below.

**Task:**

1. Laces, laces inside, inside – Laces, laces, inside, inside.
2. Laces, laces, outside, outside – Laces, laces, outside, outside.
3. Laces, laces, foot on the ball and drag - Laces, laces, foot on the ball and drag.

**ACTIVITY 2: TURN at the GATE**

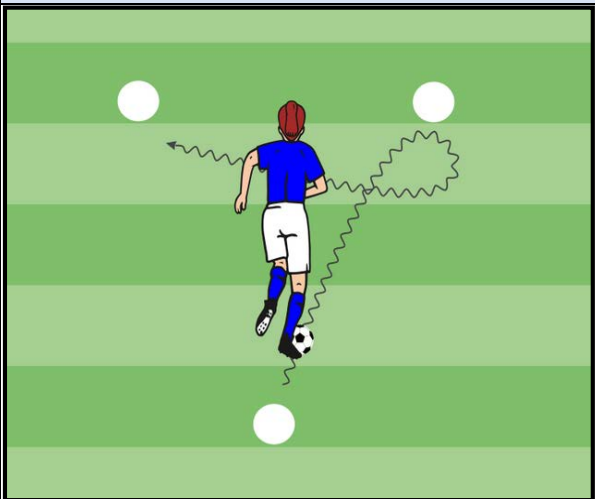
**Objective:** To dribble the ball forward and turn.

**Equipment:** 3 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

**Organization:** Set up a triangle as shown in the diagram. Get in front of one cone and dribble toward the gate. At the gate perform the tasks below.

**Task:**

1. Inside of the foot cut.
2. Outside of the foot hook.
3. Drag back.

**ACTIVITY 3: DOUBLE TURNS**

**Objective:** To dribble the ball forward and turn.

**Equipment:** 3 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

**Organization:** Set up a triangle as shown in the diagram. Get in front of one cone and dribble towards the gate. At the gate perform the tasks below.

**Task:**

1. Double Inside of the foot cut.
2. Double outside of the foot hook.
3. Double drag back.