Kindergarten and 1st Grade Weekly Activities

Week 1:

- Introductions-Warm-up without a ball – Jogging/stretching, Follow-the-Leader, Can You Do This?
- Add a ball to Follow-the-Leader and Can You Do This?
- Ouch!/Chase the Coach
- Coach's Revenge
- Soccer Dribbling and Juggling (just the dribbling, introduce juggling in week 2)
- Red Light, Green Light (without a ball, then add a ball to dribble for each player)

Week 2:

- Warm-up without a ball – Jogging/Stretching, Snake in the Grass, Body Parts 1
- Soccer Dribbling and Juggling Warm-up (introduce juggling- player drops ball from hand, bounces it once off thigh, catches with hands. Alternate thighs. Do the same with each foot. See if they can do two bounces on thigh or foot.)
- Clean Your Room (Coach should be cleaner.) **Players should wear masks for this drill.**
- Hitters and Dodgers
- Soccer Ball Smash
- Pick a fun game to end – Ouch!, Coach's Revenge, Red Light-Green Light

Week 3:

- Warm-up – Jogging/Stretching, Soccer Dribbling and Juggling Warm-up
- Down and Back Dribbling Game (do it a couple times without a ball, then have each player dribble a ball)
- Sharks and Minnows, transition to Crab Soccer (coach should be Shark to start). **Players should wear masks for this drill.**
- Zig-Zag dribbling game (do it without a ball to start)
- Catch Me If You Can (do it without a ball to start)
- Coach or players' choice for fun game to end

Week 4:

- Warm-up – Jogging/Stretching, Soccer Dribbling and Juggling Warm-up (encourage kids to do multiple juggles before catching the ball)
- Sharks and Minnows. **Players should wear masks for this drill.**
- The Flag Game
- Soccer Ball Smash
- Alien Tag
- Coach/player's choice

Week 5:

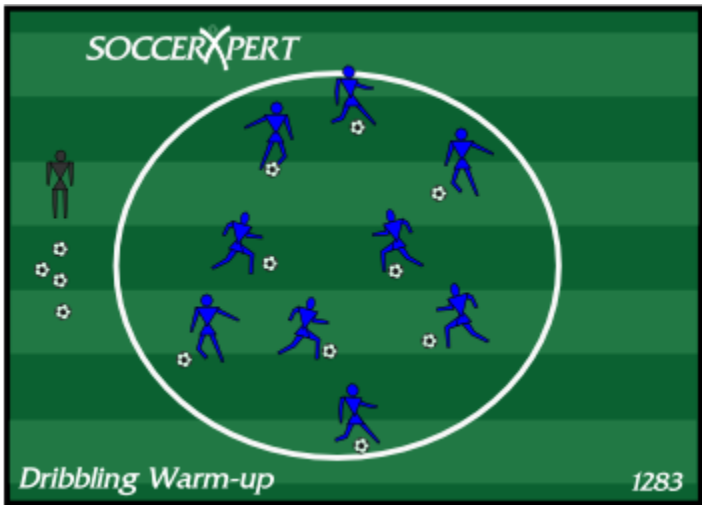
- Warm-up – Stretching, Soccer Dribbling and Juggling Warm-up (encourage kids to do multiple juggles using feet and thighs before catching the ball)
- Hitters and Dodgers
- Down and Back Dribbling
- Jam-Packed Soccer Dribbling Drill
- Clean Your Room **Players should wear masks for this drill.**
- Coach/player's choice

Week 6:

- Warm-up – Jogging/Stretching
- Juggling competition!!! See who can do juggle the most times before catching or losing control of the ball. Give them multiple chances, make it fun.
- Soccer Ball Smash
- The Flag Game
- Alien Tag
- One final Game of OUCH!/Chase the Coach!!!

Soccer Dribbling and Juggling Warm-up

This soccer drill is a great warm-up drill that allows players to work on touching the ball with all parts of the foot. If you want to improve player's footwork and dribbling skills, this is an excellent start to each practice.



Drill Setup

1. Either use the center circle of the field or build a circle with cones.
2. Each player needs to have a ball and start inside the circle.

Drill Instructions

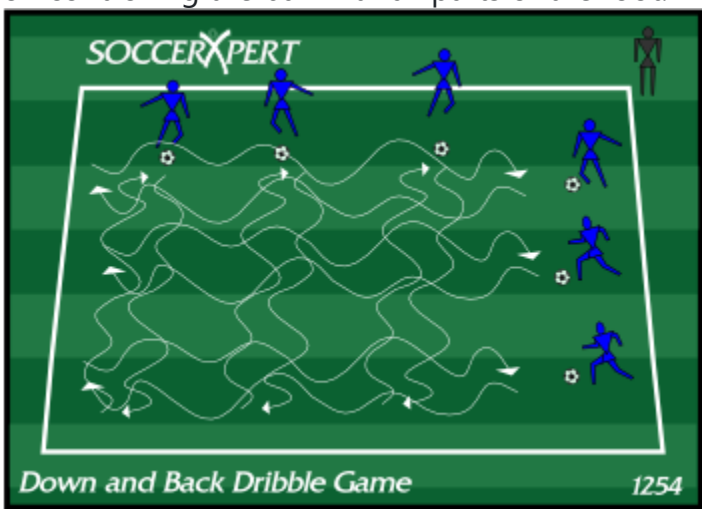
1. Have players dribble anyway they want inside the circle as long as they are using both feet for 2 minutes.
2. Have the players juggle for 1 minute using feet only trying to alternate from right to left.
3. Have players dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet. Do this for 2 minutes.
4. Have players juggle with their thighs and feet for 1 minute. Again instruct players to switch feet while juggling.
5. Have players work on cuts and turns. The players should be instructed to cut the ball quickly and have a short sprint after cutting or turning the ball. Make sure players are exploring with inside and outside of the foot cuts and staying with the ball when they cut. Do this for 2 minutes.
6. Now instruct the players to juggle again. This time juggle with the feet and pop the ball to the chest and back down to the feet. Do this for 1 minute.
7. Now have players turn the pace up a notch and play full speed working on cuts, turns, and avoiding collisions. Push players to work hard for 1 minute straight.

Drill Coaching Points

- Make sure the player is continuously lifting their head and checking their surroundings; this will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas; this will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Down and Back Dribbling Game

This drill is most effective with young players just learning to dribble. This drill teaches players to dribble in high traffic, high-pressure situations while staying in control. It's a great warm-up to focus on controlling the ball with all parts of the foot.



Drill Setup

1. Create a grid approximately 20X20 yards.
2. Split the team into two groups.
3. Each player should have a ball.
4. Instruct each group of players to line up outside the grid facing inward on two adjacent sides of the area (half of the group on one side, the other half on the side next to the other group).

Drill Instructions

1. On the coach's command, instruct the players to dribble to the other side of the group and back to the starting position (down and back).
2. The first player back in each group gets a point.
3. The first player to 5 wins that set.
4. Play 3-4 sets.

Drill Variations

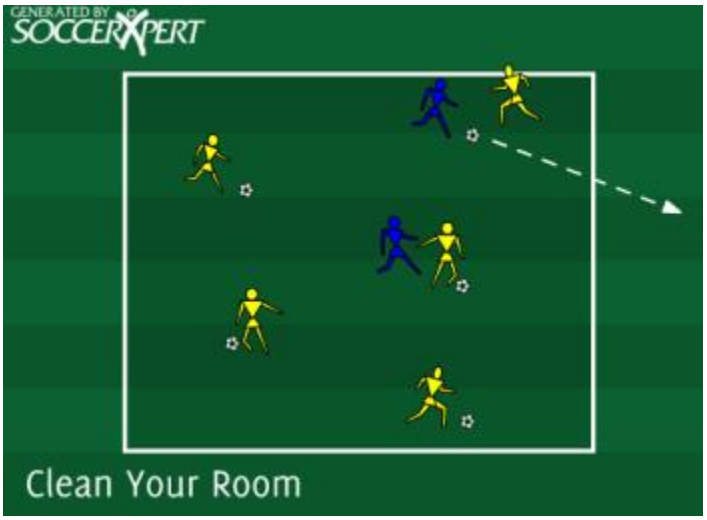
- Restrict players to touches with a certain foot or part of the foot. (example: left foot only, or outside of the foot only)
- Have the player turn or cut when they reach the opposite side of the grid
- Place even groups on all four sides of the grid and play the same game. - Make the grid a bit larger and have the players dribble with speed

Drill Coaching Points

- Focus on the players getting their heads up while dribbling for awareness and to avoid collisions
- Make sure players keep the ball at a close/safe distance.
- If the ball is too far in front of them they will most often hit another player or lose their ball.

Clean Your Room

This soccer game is a great drill for U5 through U8 players. The clean your room soccer drill will focus on dribbling under pressure while also working on defensive pressure as an individual or a small group.



Drill Setup

1. Create a grid that is approximately 15 X 15 yards. You should adjust the size of the area depending on the size, skill set, and the number of players.
2. Assign one player to "clean the room." This player will act as the defender to knock everyone's ball out of the grid.
3. Every player other than the room cleaner needs a ball.

Drill Instructions

1. Start by having the players dribble around free in the grid.
2. The coach should release the room cleaner into the grid.
3. The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid.
4. The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible.
5. The room is "clean" once all of the balls are out of the grid at one time.
6. The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players.
7. If a player is struggling to clean their room, a 2nd room cleaner can be sent to assist.

Drill Variations

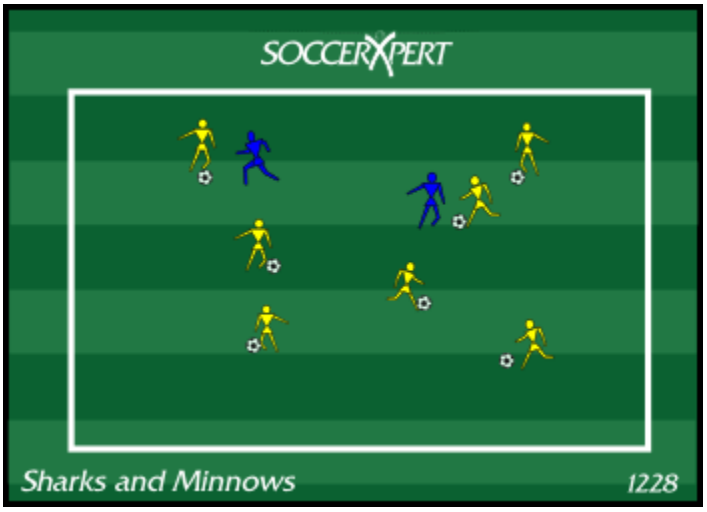
- Start with 2 room cleaners (defenders).
- Make the players do 10 jumping jacks before entering the grid. This will give the defender a bit more time to clear other balls out of the grid.

Drill Coaching Points

- Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible.
- Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.

Sharks and Minnows

This drill focuses on the U6 and U8 player and their ability to dribble out of pressure. This drill can be used to focus on the player using their body to protect the ball by placing their body in between the ball and the defender.



Drill Setup

1. Build a grid approximately 20X25 yards. This field should be adjusted based on the skill level and number of players participating.
2. Two players are designated the SHARK start in the middle of the grid without a ball.
3. The remaining player starts with a ball on one of the end lines.

Drill Instructions

1. The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.
2. The sharks attempt to gain possession and knock the minnow's ball out of the grid. Once this happens, the minnow becomes a shark.
3. The last minnow standing wins the competition.

Drill Variations

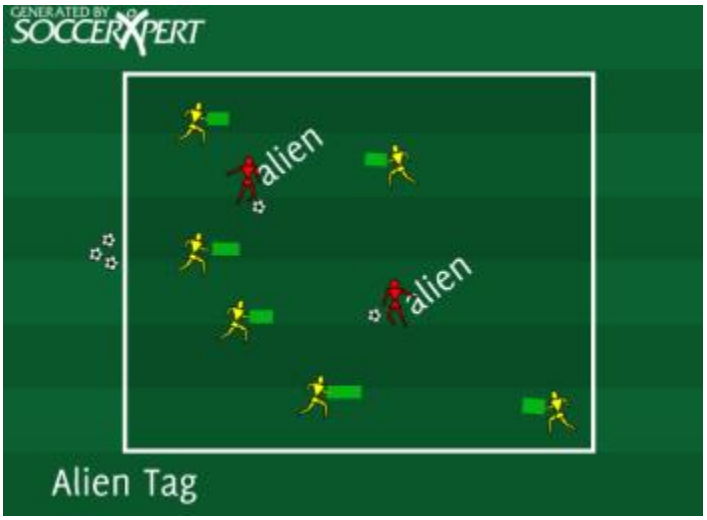
- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.

Drill Coaching Points

- Keep the dribblers under control and not panicked once the sharks get near them.
- Inform players to keep the ball close within playing distance.

Alien Tag Soccer Game (Star Wars)

This is a fun game for K-2nd grade. This will focus on agility, vision, and awareness, but best of all, it's fun.



Drill Setup

1. Create an area about 20X20. Call this space Mars.
2. Two players will need balls. They will be the aliens.
3. The remaining players are inside the grid holding a cone (without a ball). They are the spaceships.

Drill Instructions

1. Have the spaceships hold cone to create the front of their spaceship. Their goal is to avoid the aliens who are kicking space rocks (soccer balls) at them. Balls should be kicked on the ground.
2. Aliens have a ball, and the coach should have a few spare balls if the "space rocks" are hurled into space.
3. If an alien hits the spaceship (any part of the player below the waist) with the ball, the spaceship must spin out of control and crash to the ground.
4. For the first iteration, let the spaceships get back into the game after some minor repairs (5 jumping jacks or something like that).

Drill Variations

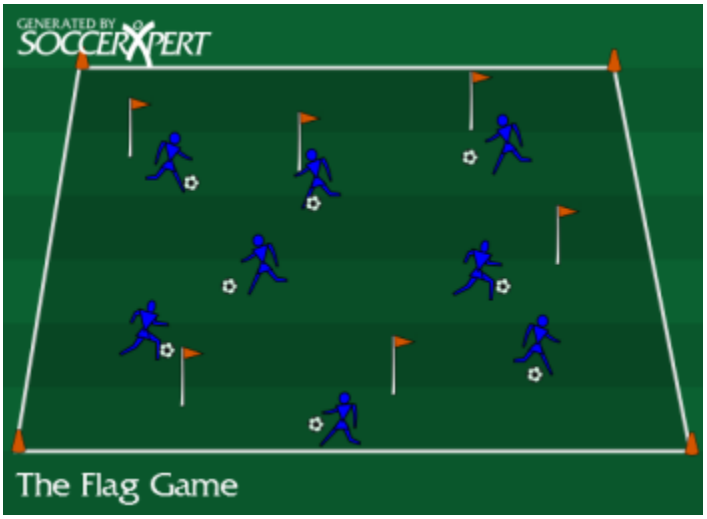
- When a spaceship goes down, make the space ship driver become an alien. The last person left driving the spaceship is the Jedi.

Drill Coaching Points

- This game should be fun for the kids. The coach can improve their experience by making noises, crash sounds, or yelling "heeeeeelp" when a ship goes down.
- The spaceships should have their heads up and looking around to avoid the aliens.
- Make sure the players move by telling making them crash if they aren't moving.
- The aliens must dribble the ball and aim for the space ships so this will be a good start to controlling the ball and shots/passes.
- Make it fun for the kids.

The Flag Game - Dribbling in Tight Spaces

This soccer drill is designed to focus on young soccer players learning to dribble in tight spaces. This dribbling drill will help young players keep their eyes up and to become aware of their surroundings. This soccer drill also helps players keep close possession while dribbling.



Drill Setup

1. Create a grid that is approximately 10X25 yards.
2. Randomly scatter flags within the grid.
3. To begin the drill, add two fewer flags than the number of players you have.
4. Each player should begin inside the grid with a ball.

Drill Instructions

1. Instruct the players to dribble around freely inside the grid avoiding other players and flags.
2. The congestion of the players and flags will cause the player to look up to check their surroundings continually.
3. When the coach yells "STOP," (or make up your own fun word) each of the players must race without the ball to a free flag as quickly as possible.
4. The first player to reach the flag three consecutive times wins the game.

Drill Variations

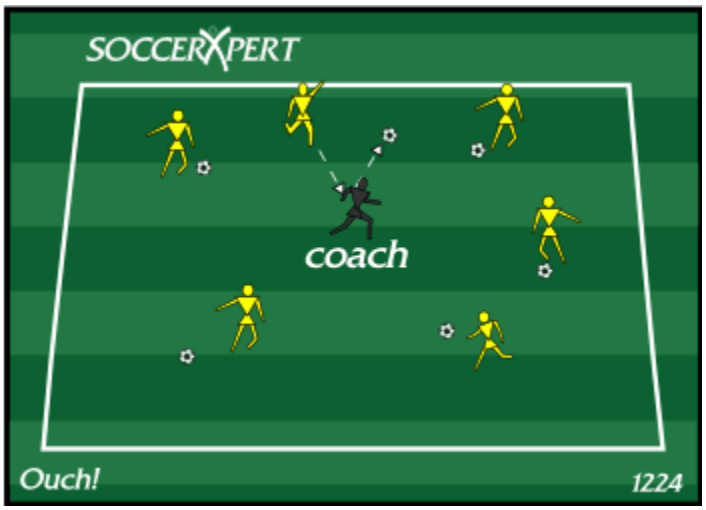
- Reduce the number of flags.
- Restrict the players to only use a certain part of the foot or dribbling technique.
- Players must dribble to a free flag, and stand with one foot on the ball (control).

Drill Coaching Points

- Make sure the player is regularly lifting their head and checking their surroundings; this will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas; this will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Ouch!

A FUN soccer drill for younger players (U6, U7, and U8) to introduce dribbling, looking up and correctly striking the ball at a target. And best of all, it's a fun soccer game for the players and coach!



Drill Setup

1. Build a grid 20X30 (may adjust if too large or small).
2. Every player begins in the grid with a ball.
3. The coach and assistant coach start in the grid without a ball.

Drill Instructions

1. The coaches jog around in the grid and players try to kick their balls and hit the coaches.
2. The players get a point each time they hit the coach.
3. The coach should yell OUCH each time they are hit to make the game FUN.
4. For younger players, the coach can walk around their knees.

Drill Variations

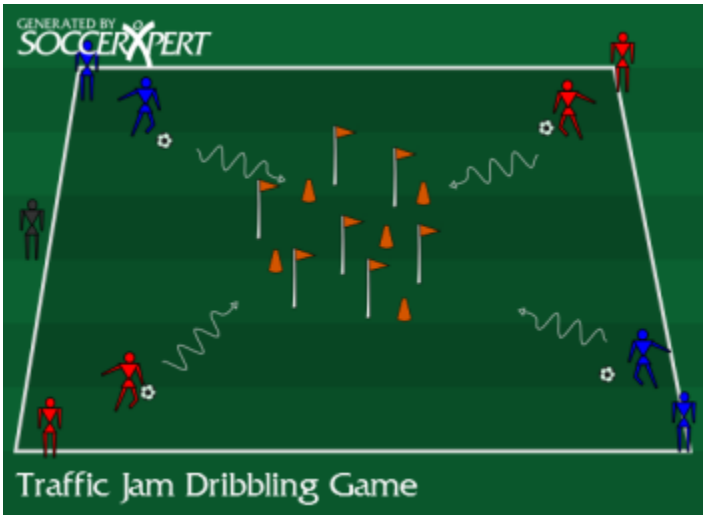
- If the players are struggling to hit the coach, the coach should stop for a couple of seconds to give the players a chance.
- Use different parts of the foot: Inside, Instep, Right and Left foot.

Drill Coaching Points

- Encourage players to get their head up and look for the coaches while dribbling.
- Make sure the players are striking the ball with the proper part of the foot.

Traffic Jam Dribbling Game

This game is just out right fun! The kids will have a blast playing this game. This drill is ideal for kids who know how to dribble but just need to learn to get their heads up and dribble under the pressures of mere congestion.



Drill Setup

1. Create a grid approximately 30X30 yards.
2. Randomly place tall cones and training sticks (flags will work as well) in the middle of the grid.
3. Split the group into 2 teams.
4. Each team starts on opposite corners of the grid with one ball per group.

Drill Instructions

1. On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player.
2. Once the player makes it through the traffic jam, instruct them to dribble with speed to the line they are facing and pass the ball to the first player in line.
3. That player should immediately head towards the traffic jam with speed in an attempt to get through the traffic jam first.
4. At first, don't keep score, merely let the players enjoy the close calls before playing the game.
5. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam.
6. As each player finishes the race, they must sit down to signify to the group that they have completed the race.
7. The team that has all the players sitting down first wins the game.

Drill Variations

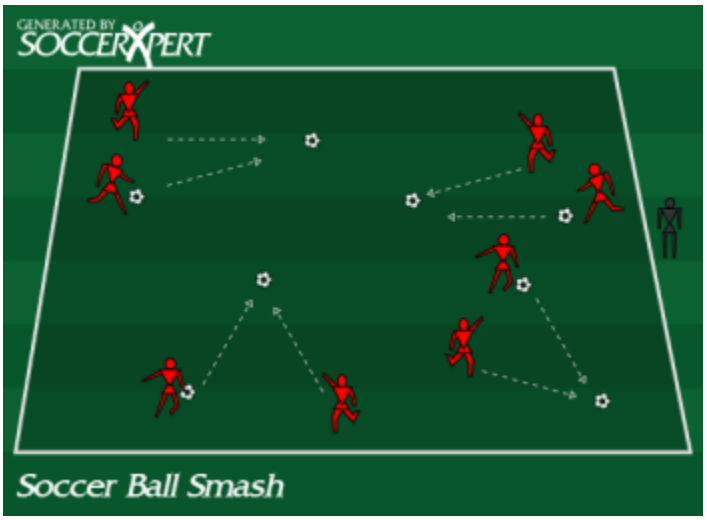
- For younger players it might be best to start with one or two players entering the traffic jam at a time.

Drill Coaching Points

- Since 2 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.

Soccer Ball Smash

The Soccer Ball Smash soccer passing drill will focus on the player who is just learning to pass, as this drill will focus on passing accuracy.



Drill Setup

1. Create a large grid approximately 40X50 yards.
2. Pair up each of the players and make sure each player has a ball.
3. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.

Drill Instructions

1. Instruct player 1 to pass his ball forward.
2. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in an attempt to hit player 1's ball.
3. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously.
4. Each time a player hits their opponent’s ball, they collect a point.
5. The first player to 5 wins that match.

Drill Variations

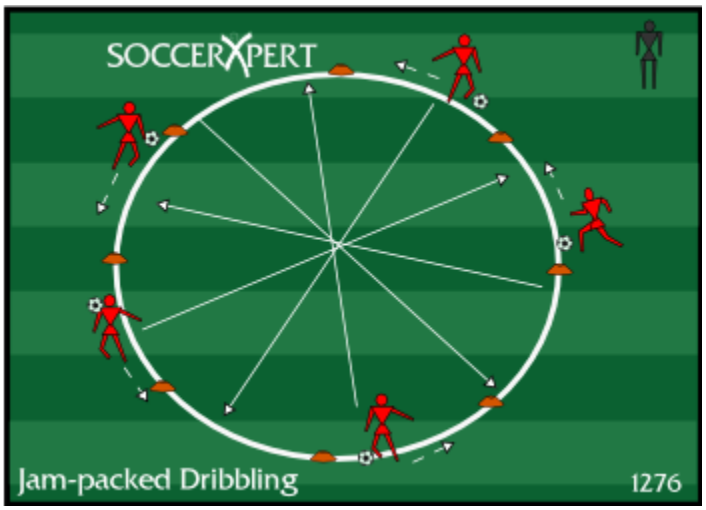
- Alternate the groups and repeat.
- Limit players to passing with certain parts of the foot: inside, outside, instep

Drill Coaching Points

- Make sure the players are striking the ball with the right surface of the foot.
- Make sure the weight of the pass is good
- Watch the plant foot to make sure it is pointing to its target.

Jam-Packed Soccer Dribbling Drill

The Jam-Packed Soccer Dribbling Drill will give players confidence while dribbling through congested areas on the soccer field.



Drill Setup

1. Create a circle with disc cones that is approximately 20 yards in circumference.
2. Make sure each player has a ball.
3. Instruct the players to spread out around the outside of the circle.

Drill Instructions

1. Have the players begin the soccer drill by dribbling around the outside of the circle all in the same direction.
2. The coach should inform the players to listen for specific queues and perform those actions once the coach shouts the command.
3. These commands are:
    1. JOG - players should dribble at a comfortable speed
    2. FULL SPEED - players should dribble at their top speed
    3. CUT - players should cut the ball in the other direction and travel in the other direction around the circle
    4. CROSS - all players should cut across the grid avoiding contact with other players or other players' balls.

Drill Variations

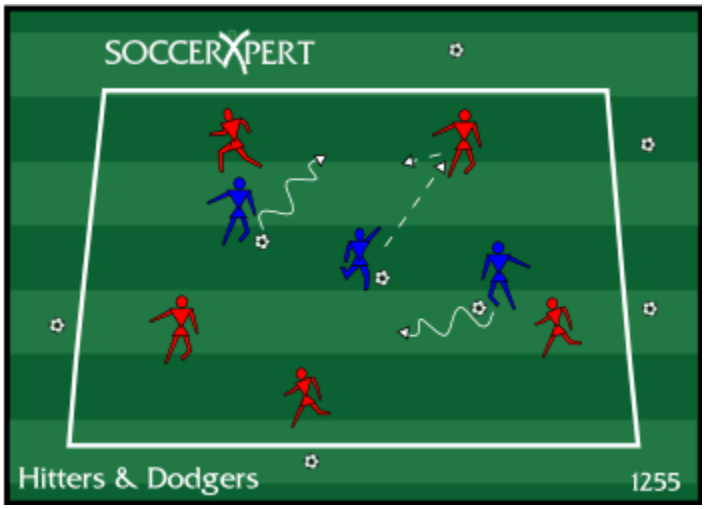
1. Think of other commands to add to the drill.

Drill Coaching Points

- Since all players are entering the center area at the same time, make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.
- Have players start playing with their arms up and out for balance and shielding.
- Instruct players to dribble with both feet and all parts of the foot.
- This drill is intended to be both helpful and fun, so make sure to HAVE FUN!

Hitters and Dodgers

The hitters and dodgers soccer drill is a great warm-up and exercise for younger players under 5 through under 12. This soccer drill is excellent for teaching players to dribble and then getting their heads up to make a pass. This soccer drill is so much fun, and the younger players love this game.



Drill Setup

1. Create a grid that is about 15X15 yards.
2. Adjust the grid bigger or smaller depending on the age and number of kids you have.
3. You will need to have a ball for each player; however, only three players start off with balls.
4. Place the remaining balls outside the grid.
5. The three players with balls are called the "hitters."
6. The remaining players should start off scattered throughout the grid they are the "dodgers."

Drill Instructions

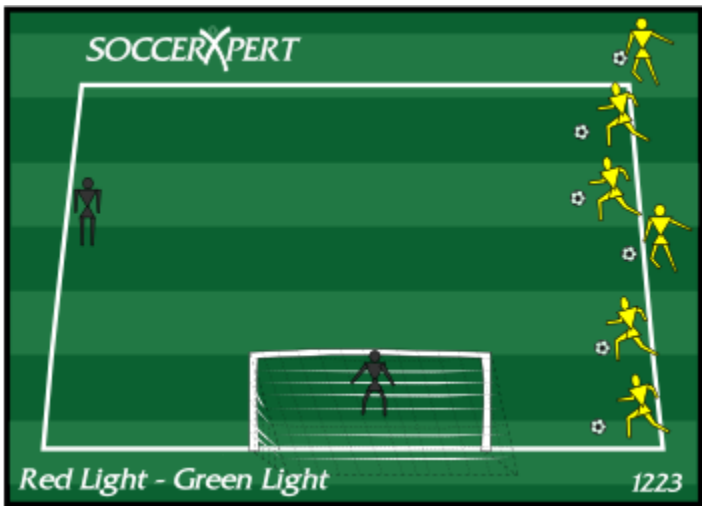
1. Instruct the “hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball.
2. The "dodgers" are attempting to avoid being hit by the "hitters".
3. If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters.
4. The last players standing win.

Drill Coaching Points

- Coaches should talk to the hitters about keeping their ball close to the while getting their heads up to find the dodgers.
- Coaches should focus on good passing form: using the inside of the foot with good pace on the ball.

Red Light, Green Light

This soccer dribbling drill is for U6-U12, players. This drill will focus on dribbling with the ball close to stop quickly.



Drill Setup

1. Start all of the players on one sideline shoulder-to-shoulder, each with a soccer ball.
2. The end-line is the opposite sideline.
3. The coach should move 15-20 yards away from the closest player.

Drill Instructions

1. With the coaches back to the players, yell "GREEN LIGHT," and the players try to dribble to the coach.
2. The coach then yells "RED LIGHT," the players must quickly stop the ball. The coach should wait a moment and then turns to face the players.
3. Any player moving must go back to the farthest person from the coach.

Drill Variations

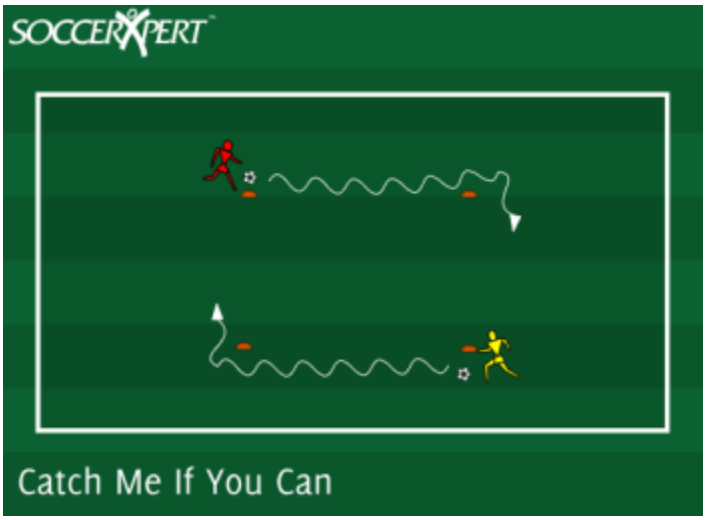
- Limit the players to dribble with their right foot only.
- Limit the players to dribble with their left foot only.
- Limit the players to dribble with the bottom of the foot only.
- Coach yells “RED LIGHT – KNEE” and players must stop with a knee on the ball. Use different body parts, including the forehead (little ones will love this!)

Drill Coaching Points

- Listen to coaches’ commands.
- React quickly to verbal queues.
- Dribble with speed, but keep the close.
- Make sure the players hold the ball close so they can stop quickly.

Catch Me If You Can

The soccer dribbling drill is a fun and competitive exercise that focuses on dribbling with speed.



Drill Setup

1. Create a 10 X 10-yard grid.
2. Start a player on two diagonal corners of the grid.
3. Each of the two players has a ball.

Drill Instructions

1. When the coach yells "GO", the players must dribble around the outside of the grid in an attempt to catch their partner.
2. When the coach yells "STOP", the players must stop the ball.
3. When the coach yells "TURN", the players must switch the direction around the grid.

Drill Variations

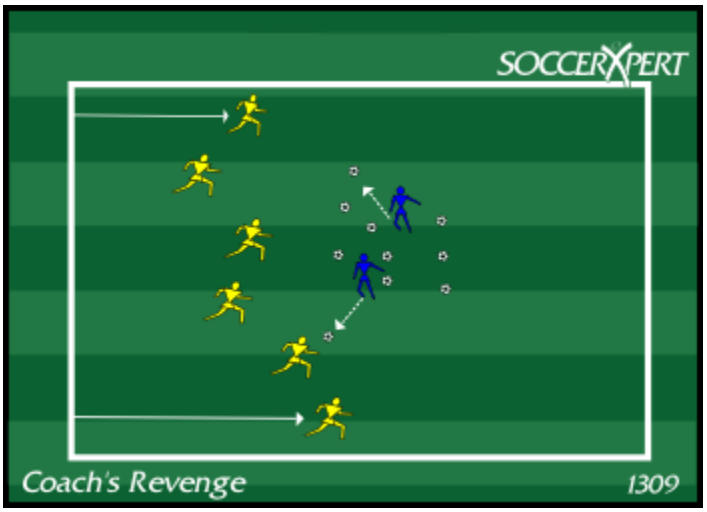
- Add commands such as:
    - "LEFT" to use the left foot only
    - "RIGHT" to use the right foot only
    - "BOTTOM" to use the bottom of the foot only

Drill Coaching Points

- Close Control
- Speed with the ball
- Keep the ball close
- Sharp touches

Coach's Revenge

This drill is designed to be a fun soccer drill. It will focus a bit on young player's agility while dodging balls kicked at them, and is a great ice breaker or a fun warm-up game at the beginning of practice.



Drill Setup

Create a grid approximately 25X30 yard grid (the size of the grid can be adjusted depending on the age and number of players). Have all of the teammates spread out on one of the end lines without a ball. The coach or coaches should be in the middle of the grid with every ball.

Drill Instructions

On the coach's command, every player must sprint from one side of the grid to the other while avoiding balls being knocked at them by the coaches in the middle. The Coach attempts to hit the players as they pass from the knee down.

If a player is struck by the coach's pass, those players collect the balls and join the coach's in the middle of the grid attempting to hit the remaining players.

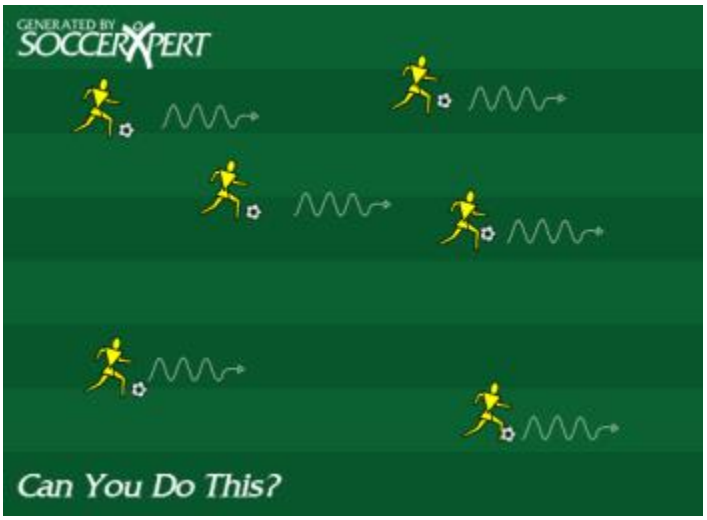
The last player standing wins!

Drill Coaching Points

- Players must sprint from one side of the grid to the other.
- Players should lift their head to avoid being struck with the ball.
- Encourage players to have fun!

Can You Do This?

The Can You Do This? This soccer drill focuses on players under 6 years old. It is designed to work on simple body movement, coordination, and balance.



Drill Setup

1. In an unmarked area gather your players without their soccer ball (you can introduce this later in this drill).
2. The coach should come up with a short list of activities such as skipping, one-legged hops, star jumps, log rolls, somersaults, push-ups, etc.

Drill Instructions

1. The coach should start by asking the players "I can do [activity] can you?"
2. The coach should then demonstrate to the players the activity and have the children do the same.

Drill Variations

Allow players to pick and demonstrate a skill/activity

Introduce the soccer ball and change activities to include the soccer ball such as:

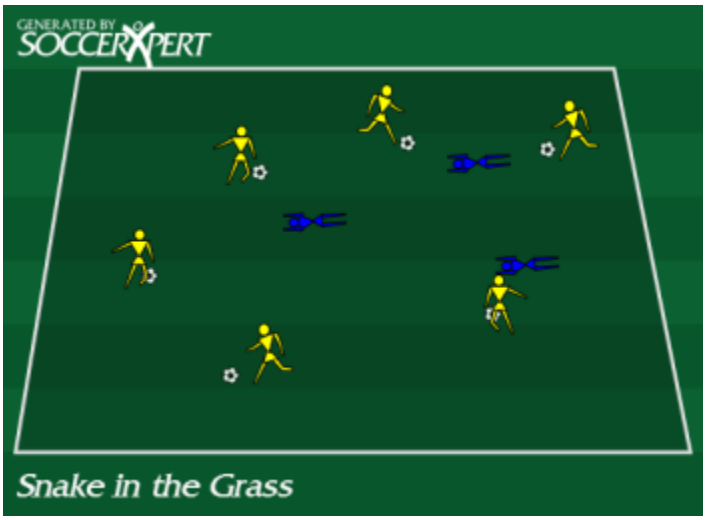
- dribbling
- passing and kicking
- throw-ins
- punting

Drill Coaching Points

- Allow Children the ability to explore their body movements.
- Make it fun for the children!

Snake in the Grass Soccer Game

This is a great soccer game for under 6 and under 8 soccer players. This soccer game is designed to work on young players' coordination and body movements.



Drill Setup

1. Create a small grid approximately 15X15 yards.
2. All of the players should be inside the grid.
3. The coach should designate two players to be the "snakes" by lying on their stomachs.
4. Each of the players begins with one of their hands on the snakes in the grass.

Drill Instructions

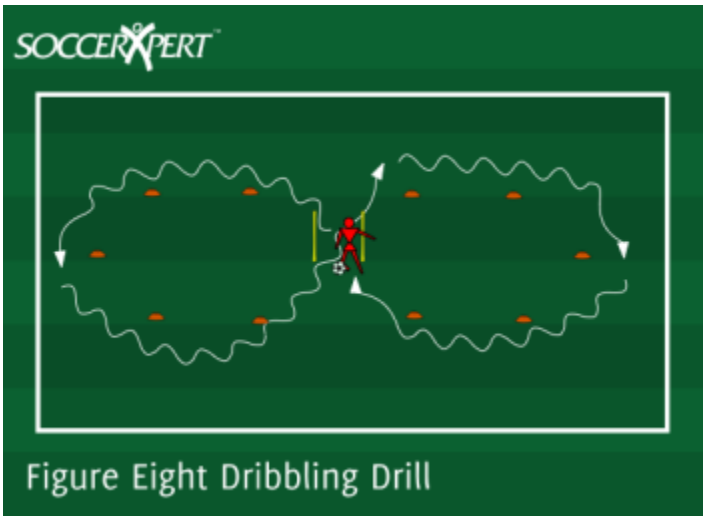
1. When the coach yells "SNAKE IN THE GRASS" the non-snake players attempt to avoid the snakes as the snakes attempt to slither around on their stomach and touch a non-snake player.
2. As a player is touched, that player also becomes a snake.
3. The activity continues until everyone is a snake.

Drill Coaching Points

- This soccer game is designed to work on young soccer players' balance, coordination and body movement.
- As the children attempt to avoid the snakes, they will move in all directions and should be encouraged to run, jump, cut, turn, etc. to avoid the snake.

Figure Eight Dribbling Drill

The Figure Eight soccer dribbling drill is a good change to weaving in and out of cones and is great for dribbling with the inside and outside of the foot.



Drill Setup

1. Create two 5X5 yard grids about 5 yards apart.
2. Place two training sticks in the middle of the grids approximately 3 yards apart.
3. Set a cone on each end turning the grids into a pentagon.
4. One player starts between the training sticks with a ball.
5. Players should play at full speed for one minute then rotate with a partner.
6. Setup multiple obstacle courses depending on the number of players.

Drill Instructions

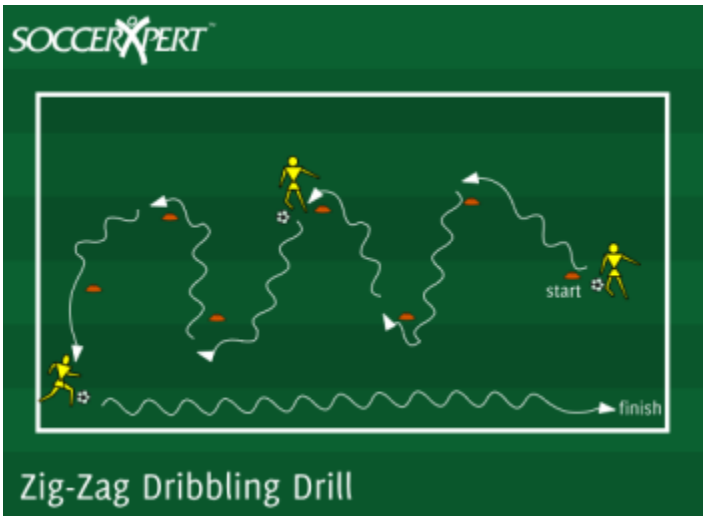
1. The player will dribble in a figure eight pattern around the cones and through the center training sticks without any dribbling restrictions.
2. Next, as the player dribbles to their left, they should dribble with the outside of the left foot and as they travel to the right, they should dribble with the outside of their right foot.
3. Now, as the player dribbles to their left, have them dribble with the inside of the right foot, and as they travel to the right, have them dribble with the inside of their left foot.
4. Each series should last 1 minute before switching.

Drill Coaching Points

- Dribble with speed.
- Controlled touches with the outside and inside of the foot.
- Keep the ball close.
- Quick touches to cut the ball around the area.
- Make sure players heads are up.

Zig-Zag Dribbling Drill

The Zig-Zag soccer dribbling drill focuses on dribbling with speed with the inside, the outside, and the bottom of the foot.



Drill Setup

1. Setup cones about 5 yards apart in a zig-zag pattern.
2. The length of the zig-zag pattern should stretch approximately 20 yards in length.
3. Players line up at the last with a ball each.

Drill Instructions

1. The first player in line dribbles around the outside of the cones in a zig-zag pattern.
2. When the dribbling player reaches the end, they must sprint the distance of the zig-zag course and return to the line.
3. Let the players go through the course a few times to get comfortable with their touch.
4. Now as the players are moving to their right side, they must dribble normal.
5. However, as the players move to the left side they must roll the ball with the soul of the right foot.
6. Change the pattern to move normally when moving to the left, but roll the ball with the soul of their left foot as they move to the right.

Drill Variations

- Additional dribbling skills can be added such as:
    - Dribbling in a complete circle around each cone
    - Moving the ball through the pattern with the soul of the foot only.

Drill Coaching Points

- Controlled touches near the dribbling player.
- Dribbling with the outside of the foot, inside of the foot, and soul of the foot
- Dribbling with speed

WARM UP ACTIVITIES

Body Parts I. All players with ball. Players dribble until directed to stop the ball with a particular body part, upon the coach's command. For example, when the coach yells "knee," the players are to all stop the ball with their knee and then, upon the coach's command, resume dribbling. Other examples include the sole of the foot, ankle, shin, thigh, chest, stomach ("tummy"), arm, head, shoulder, elbow, and the rear end (sit or butt). Command "right" or "left" parts as appropriate. Option – stop ball with foot, then place body part on.

Body Parts II. All players with ball. The coach establishes a number for each body part to be used to stop the ball. Examples: 1 – right foot; 2 – left foot; 3 – rear end (sit); 4 – elbow; 5 – ear. Players dribble. When the coach calls out a number, the players must stop the ball with the associated body part. Start with a limited set of numbers and then build up. Players may be allowed to yell out the body part when the number is announced.

Chase the Coach. All players with ball. The coach moves all around in the grid and the players dribble to try to catch and touch him with their balls. The size of the grid and the "speed" at which the coach moves depends on the age of the players.

Crab Soccer. Designate players as crabs to "walk" around on their hands and feet. Other players with ball try to dribble from one side of the grid to the other without getting caught by the crabs. Crabs may touch players or their balls with their hands or feet. Players who are touched become crabs. Be very diligent to ensure that young players are not going to get their hands stepped on.

Monster Invasion Tell the players that a Monster is coming to try to steal their pet ball and that they must keep it away from the Monster by dribbling it around the field (tell them they must stay inside the field). The Coach or a parent is the monster. Ideas: drag your leg like Frankenstein, make monster noises, make a face, and say things like "Don't let me get your ball!!" But don't actually scare them. The idea is just to have them try to get away. Don't catch the players, just have fun.

Set-up:

1. A ball for every player.
2. Use disk cones or markers to make a square field about 10 steps by 10 steps (or smaller if you have only a few players).

Teaches:

1. "Control Dribbling"
2. The concept of a "field" and staying inside the lines ("in bounds") and that it's bad to go "out of bounds"
3. Controlling the ball while under pressure
4. Using peripheral vision
5. Looking up while dribbling
6. Dribbling in "traffic" with a lot of other players nearby

Arcade. Establish two concentric circles with flat discs. In the center circle place balls on top of a number of cones or saucers. Players with balls are set beyond the outer circle. Players are to use the instep drive to try to kick the balls off the cones or saucers. The kicks should be hard enough so that, if they miss, the ball will make it to a player on the other side of the outer circle. After a sufficient number of attempts, re-set the balls in the center circle and repeat.