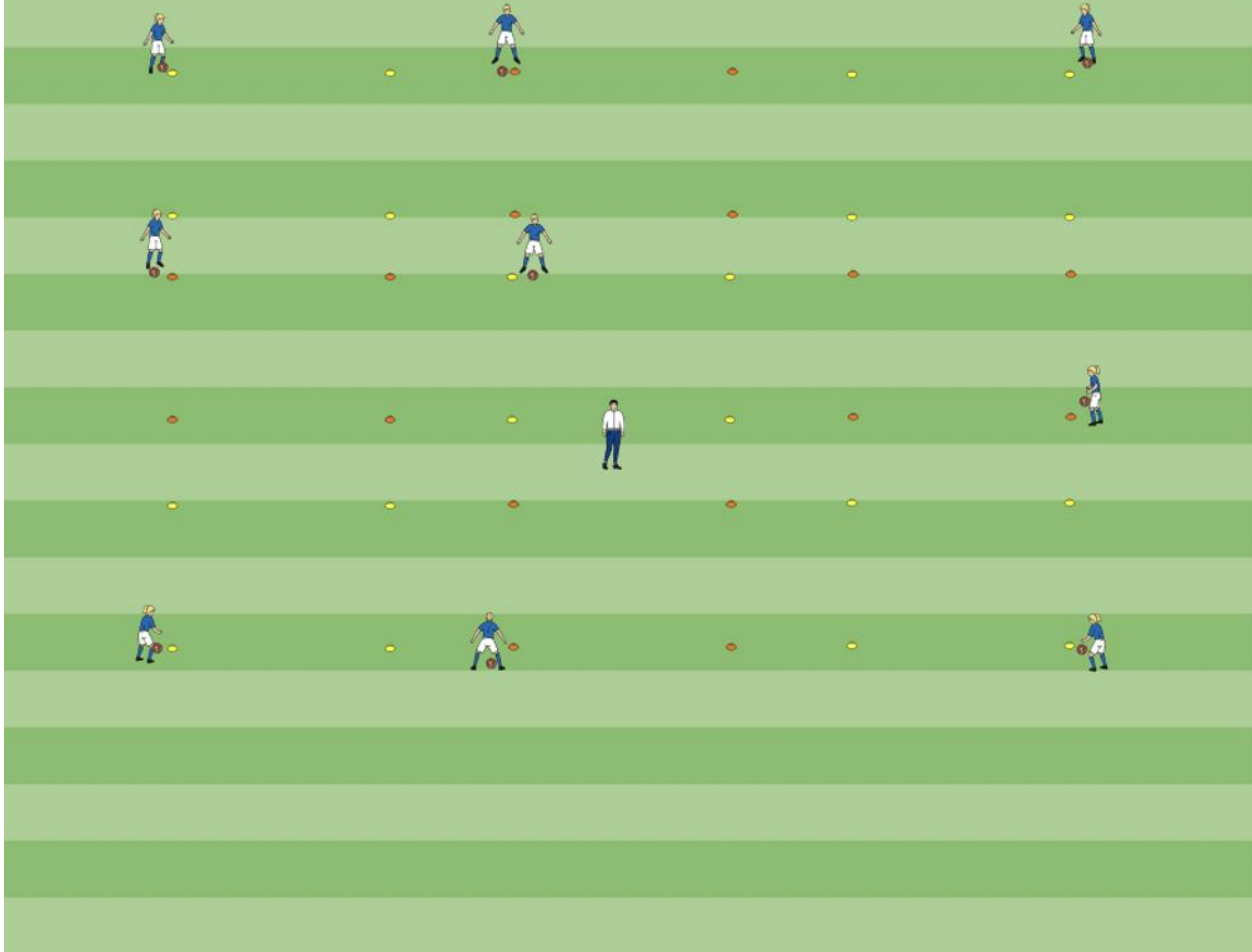


Paint the Field



Organization:

Set up a 10x10 grid for each player.

How to Play:

Have players start at one of the cones and perform different ball skills to dribble around their grid. Can create competition by making it a race to get back to the starting point.

Why:

Improve ball skills

Variations:

- Start by dribbling around the grid using right foot or left foot only
- Change techniques (toe taps, inside inside, sole rolls, juggling with a bounce in between, thighs only, change techniques at each cone)

Coaching Points:

- When dribbling for speed make quick touches using laces
- Dribble with head up