

## Dribbling and Ball Control Games

- **Red Light, Green Light:** Players spread out with a ball each. A coach acts as the "traffic light," calling "Green Light" (dribble), "Red Light" (stop the ball by trapping it with their foot), and "Yellow Light" (dribble slowly). Anyone moving on "Red Light" goes back to the start.
- **Musical Balls:** Similar to musical chairs, set up a square or circle with one less ball than the number of players. Music plays while players dribble within the area. When the music stops, they must secure a ball. The player without a ball is out, and one ball is removed for the next round.
- **Builders and Bulldozers:** Scatter cones across the gym floor, some standing up and some tipped over. One group of children (builders) tries to stand up any cone that their ball touches, while the other group (bulldozers) tries to tip cones over with their ball. The activity encourages using various parts of the foot for control.
- **Dribbling through Cones:** Set up a line of cones in a zigzag pattern or random formation. Players practice dribbling around and through the cones using both feet, focusing on keeping the ball close and under control.
- **Soccer Freeze Tag:** Designate one or two players as taggers (sharks). All other players ("minnows") dribble their balls around the gym. If a player is tagged, they are "frozen" and must place the ball on their head and make a goal with their legs. They can be unfrozen when another player passes a ball through their leg-goal.

## Passing and Shooting Activities

- **Triangle Passing:** In groups of three, players form a triangle with cones at each point, about 5 to 10 paces apart. They practice passing the ball to each other using the inside of their feet, focusing on accuracy and calling out their teammate's name.
- **Hoop Kick Challenges (Deck Ring Soccer):** Place hula hoops (or deck rings) on the floor. Players dribble around and score points by dribbling or kicking their ball into as many hoops as possible using only their feet.