

Sample Practice
Dribbling

Activity	Notes
<p>Parent-child kicks Kick the ball to your parent and back</p>	
<p>Warmups: I can do this, can you? (10 mins) <i>n</i> players, <i>each with ball</i> Parents, too, with their kids.</p>	Getting a feel for the ball, getting stretched out
<p>Drive around town (10 mins) Dribbling until red light. Stop with sole of foot. Do tricks while stopped.</p>	Keep the ball close, control. Kids show what they know.
<p>Jungle Rescue (10 mins) Parents down one end. Kids dribble through cones to reach parents, take them back to the starting line.</p>	Lots of encouragement, everyone's involved.
<p>Scrimmage (20 mins)</p>	Coaches on the field, encouragement but not instruction. Point out only those things that you've been teaching this practice, ignore the rest.