

Activity One is “Paint the Pitch” where each kid tries to use the ball as a paint brush to paint as much of the field as possible in a set time

Technical Cues: Using most surfaces of the feet to manipulate the ball

Dribbling at speed

Activity Two is “Freeze Tag” where kid with soccer ball dribble to avoid a hunter who can tag them to freeze them, other players with soccer balls can unfreeze them with a tag

Technical Cues: dribbling at speed, dribbling with head up, changes of pace and feints

