Four Year Program

Week #7

1. **Warm Up**

Players line up in pairs

They run and touch 3 balls and then line up at opposite cone

Players move in different ways, side, back

Players jump over 3 balls

1. **Change directions**

Players line up in pairs

Players run from cone A to B

Coach calls “Turn” Players run back to the start

Players dribble from cone A to B

Coach calls “Turn” players dribble back to cone A

1. **Stop the ball**

Coach rolls the ball to the net

Player runs to the ball and tries to prevent it entering the goal

Players dribble the ball back to the coach

1. **1 vs 1**

Players line up either side of the net

Coach rolls the ball out

Players compete and try to score

1. Game
2. Snack and Smile time