

Information	Images
<p>Organization: 20 mx 20 m field as shown. 4 stations.</p> <p>Procedure: Station 1: hop on one leg Station 2: Bunny Hops Station 3: Skip backwards Station 4: Players decide</p> <p>Progression: A soccer ball can be added</p>	
<p>Organization: 20 mx 20 m field as shown. 10 players with ball each.</p> <p>Procedure: Players move freely within the area. Players follow coach's direction:</p> <ol style="list-style-type: none"> 1- Salute Captain: raise hand and balance on one leg. 2- Scrub the desks: Imitate washing the floor with the ball 3- Raise the sails: Move around with the ball and swing your arms. 4- Row the lifeboat: move the ball backwards. <p>2-3 minutes of each activity, switching frequently.</p>	
<p>Organization: 20 mx 20 m field as shown. 10 players with ball each. With cones in the area.</p> <p>Procedure: Players move freely within the area stopping the ball at each cone and doing a fake before dribbling farther.</p> <p>Progression: Player do a fake as they move between cones.</p>	
<p>Organization: 35m X 25 m as has shown, 4 goals in each corner and 2 teams of 4.</p> <p>Procedure: Retreat line at the half. When the ball goes out the team takes the kick while the other team practices the retreat line.</p>	