

Information	Images
<p>Organization: Players are placed into 2 or 3s.</p> <p>Procedure: The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a summer sault. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks</p> <p>Repeat: 5 to 8 times</p>	
<p>Organization: 20mx20m Each player has a ball</p> <p>Procedure: All players dribble inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using thier sole) inside inside etc. (Players use the inside of there feet to knock the ball back and forth between each foot)</p> <p>Repeat: 5 to 8 times</p>	
<p>Organization: 20mx20m Each player has a ball</p> <p>Procedure: All players dribble inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using thier sole) inside inside etc. (Players use the inside of there feet to knock the ball back and forth between each foot)</p> <p>Repeat: 5 to 8 times</p>	
<p>Organization: Players are paired inside 30mx30m.</p> <p>Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.</p> <p>Repeat: 5 to 8 times</p>	