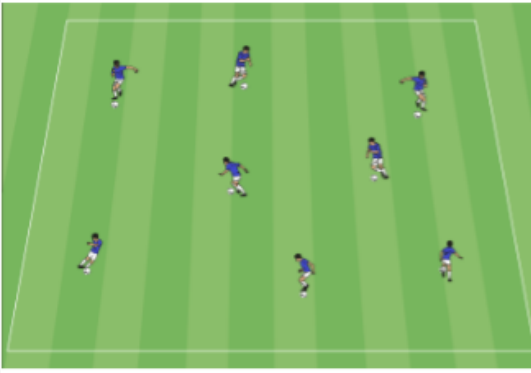
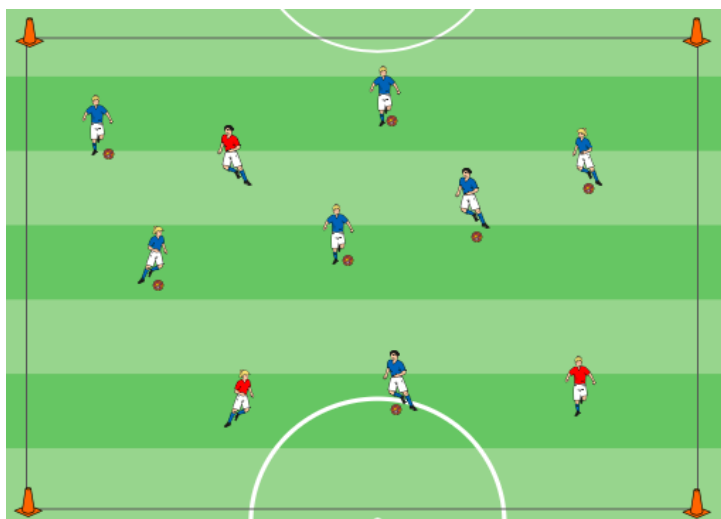


# WALTERBORO RECREATIONAL SESSION

## WARM-UP

Warm-Up Exercise	Organization / Instructions
	<p>Warm up: 10 min</p> <p>Get the players moving right away, dribbling anywhere they want to go inside a grid. Use commands like Freeze &amp; Go, when you freeze, make it goofy and have them pretend to be frozen statues. (Twist: As beginners improve, call out math problems while they work to activate their brains)</p> <ol style="list-style-type: none"> <li>1. Each player has their own ball</li> <li>2. Each player dribbles freely within the grid</li> </ol> <p>Coaching Points:</p> <ol style="list-style-type: none"> <li>1. Use laces to push the ball when dribbling forward</li> <li>2. Use inside, outside, &amp; bottom of foot to change direction</li> </ol> <p>Warm up Part 2:</p> <p>Staying in the same grid, have the players do the ball mastery movements below. Each rep should be around 10 seconds. Do 2-3 each.</p> <ol style="list-style-type: none"> <li>1. Foundations: (Inside/Inside touches)</li> <li>2. Sole taps</li> <li>3. Scissors</li> <li>4. Zig Zag</li> <li>5. Other functional movements (Be creative)</li> </ol>

## MAIN SESSION ACTIVITY (DRIBBLING)

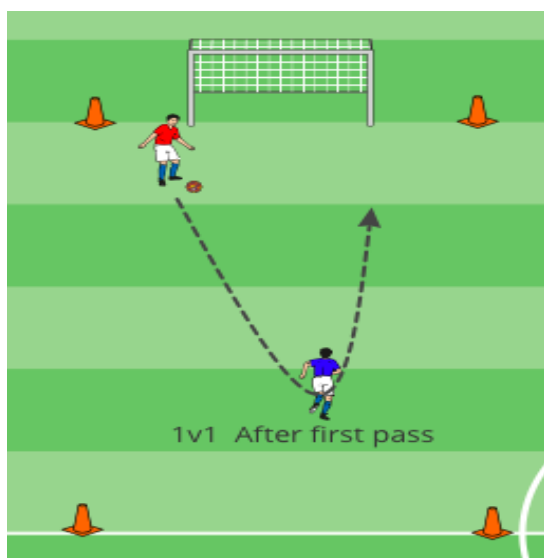


- In the same grid blue players (Donkeys) will be dribbling the ball away from the reds (Shreks).

### Coaching points

- Make sure they drive the ball with laces
- Assistants make sure the players still in the grid.
- Head up to see where to dribble & not run into players

## FINAL ACTIVITY



- Red player will pass the ball to the blue. Blue player will attempt to score after the first pass. If red wins the ball he/she scores by dribbling through the gate.

Field dimensions: 7x12 it may vary on age level.