

<p><u>Multi Goal Dribbling</u></p>	<p><u>Organization</u></p>	<p><u>Key Coaching Points</u></p>
	<ul style="list-style-type: none"> • Each player has a ball • Place multiple goals 2 -3 yards apart throughout the playing area. • On command players dribble through as many goals as possible in a specified time. Players cannot go through the same goal twice in succession • Challenge the players to see who can go through the most goals • Condition the activity – left foot only, right foot only, sole only etc. 	<ul style="list-style-type: none"> • Keep head up • Dribble with your laces to cover distance • Use inside and outside of foot to change direction • Bend knees while dribbling and stay low to the ground
<p>Bulldog</p>	<ul style="list-style-type: none"> • Coach starts as the bulldog in the middle of the playing area • All the players are at one end of the playing area with a ball • On the coach's command of "go bulldogs" the players must get to the opposite side of the playing area without their ball being kicked out by the coach • If a player's ball is kicked out they become a bulldog • Last player with a ball wins the game and becomes the bulldog for the next game 	<ul style="list-style-type: none"> • Change pace and direction
<p>Musical Balls</p>	<ul style="list-style-type: none"> • Place 4 cones outside the playing area • Players dribble in the playing area • On command, players stop their ball and then run around any of the four outside cones • Last player to get back to a ball loses a life • Make sure all players are moving in the playing area not staying by the sides 	<ul style="list-style-type: none"> • Keep head up and be aware of the space • Keep ball within easy playing distance to stop it quickly
<p>Small Sided Game – Multiple Goal Game</p>	<ul style="list-style-type: none"> • Divide players into two equal teams • Place three goals on either end of the playing area • Players score by dribbling through one of the multiple goals on the opponent's end line 	