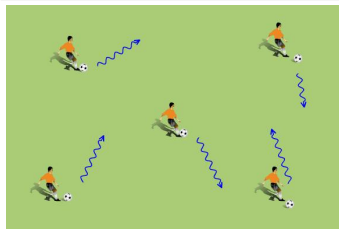




Activity 1: Traffic Lights

Focus: Dribbling Warm Up



1. Area 30 x 30 yds
2. Cones
3. Ball per player

Objective

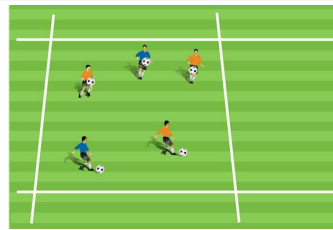
Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep the ball moving

Activity 2: Can You ?.....

Focus: Ball mastery



1. Area: 20 x 20 yds
2. Cones
3. Ball per Player

Objective

Coach to lead patterns of movement asking can you? Basic and more advanced movements.

Coaching Points

1. Use different surfaces of the body
2. Balance
3. Keep eye on the ball

Activity 3: Antz Nests

Focus: Dribbling, Turns



1. Area 20 x 20 yds
2. Ball per Player
3. Cones
4. Training Vests

Objective

Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

1. Quick turns and dribble
2. Look around to see which groups are closest to winning
3. Stay upright when competing for a ball

Activity 4: Numbers Game

Focus: Dribbling, attacking, shooting, defending



1. Area 30 x 20 yds
2. Ball per player
3. Cones
4. Training Vests
5. Goals x 2
6. Hurdles, ladders, rings etc

Objective

A coach's favorite – players play individually and as a small group to score a goal!

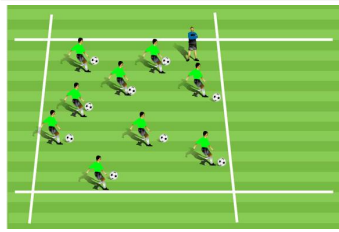
Coaching Points

1. Get to the ball quickly
2. Look for the goal not protected
3. Move quickly to the goal



Activity 1: Coach Says

Focus: Dribbling, turns



1. Area: 20 x 20 yds
2. Ball per player
3. Cones

Objective

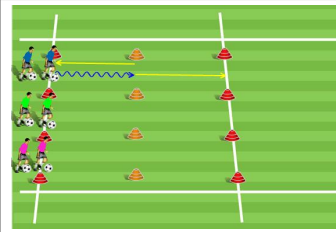
'Coach Says' is an adaptation of the popular game 'Simon Says'. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

1. Encourage players to move into space
2. Listen carefully to what is said
3. Quick response to instruction

Activity 2: Turn or Go

Focus: Dribbling



1. Area 30 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

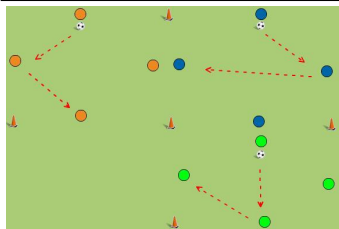
Players in pairs start on the end line with a ball each. On the coach's signal the first player in each pair jogs without the ball down their channel. If the coach whistles once, they sprint forward to the opposite end line. If the coach whistles twice then they turn and sprint back to the start line. Repeat with the second player in each pair. Progress the movement as follows: 1) Skip, 2) Gallop, 3) Hop. Pairs compete against the other teams - A point is awarded each time for the winner.

Coaching Points

1. Controlled movement or dribble before the whistle(s)
2. Run or dribble forward at pace after one whistle but maintain control of the ball
3. Turn with minimal touches and accelerate back to the line with

Activity 3: 4 Box Possession

Focus: Possession



1. Area 20 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

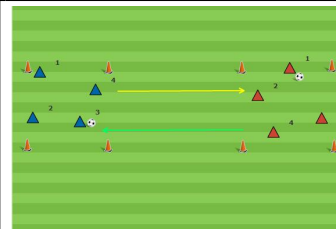
Three teams of four start in their own 10 x 10 yds area. Each team has a ball. The team must pass and move around their box without the ball stopping or going out of bounds. After the team has played 10 passes they move into the next box (clockwise). The first team to make it all the way around wins the game.

Coaching Points

1. Keep ball moving at all times
2. Concentrate on the quality of the pass
3. Maintain shape
4. Communication

Activity 4: Passing Competition

Focus: Passing, Receiving



1. Area 30 x 10 yds
2. Balls
3. Cones

Objective

2 Teams of four are each in a 10 x 10 yds square - 10 yds between the squares. Each team player is numbered 1-4. Both teams have a ball and start to pass and move. The coach shouts a number and that player becomes a defender. The defender sprints to the other square to create a 3v1 situation. The first team to make 6 consecutive passes get 1pt - the first team to 5 points wins.

Coaching Points

1. Movement off the ball to provide support
2. Receive the ball in the direction of the next pass
3. Accuracy and pace on the ball
4. Communication



SOCCERPLUS

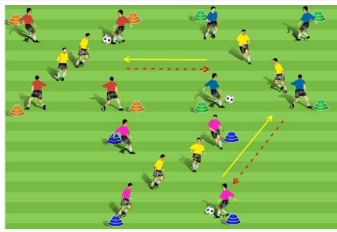
THE DICICCO METHOD

Plus 3 Coaching Education

Small Group Attacking & Defending

1

Activity 1: Promotion/Relegation
Focus: Passing, Possession



1. Area: 30 x 30
2. Balls
3. Cones
4. Training vests

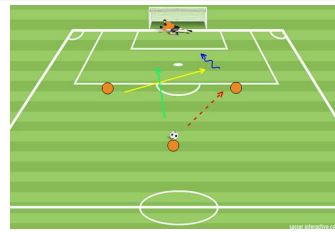
Objective

Create three 10 x 10 squares. 4 v 2 in each square. Team of 4 attempts to combine 10 passes without having defenders break up play. If defender steals ball, he/she switches with player who gave it away. If group of 4 completes 10 consecutive passes, they are promoted to the next box (in turn relegating the team above them). Play continuously.

Coaching Points

1. Speed of passing
2. Accuracy of passing
3. Receiving of a pass/first touch

Activity 2: 2 v 1 Countdown to Goal
Focus: Attacking



1. Area 25 x 35 yds
2. Balls
3. Cones

Objective

Balls are placed 35 yards from goal in a central position. Player A starts on a cone (next to the balls) with a ball. Player A must make a decision on which one of the two support players to pass to (B or C). The support players start on a cone 5 yds closer to the ball than player A and in line with the edge of the 6 yard box. Whichever support player receives the pass, the other player becomes a defender to create a 2v1 situation. The two attackers must combine to score. The two attackers have 8 seconds to score.

Coaching Points

1. Positive touch towards goal
2. Movement to support ball carrier
3. Shoot when opportunity arises

Activity 3: 3 v 1 to Goal
Focus: Attacking



1. Area 25 x 40 yds
2. Balls
3. Training Vests
4. Goal

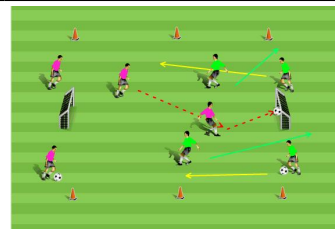
Objective

Attacking team start 15 yds from goal. 1 defender and a goalkeeper defend the goal. The goalkeeper starts with the ball and distributes it to the attackers - who attack at goal. The objective for the attacking team is to score as many goals in 5 minutes - each attack is started by the goal keeper. Attackers must sprint back to the starting positions after each attack.

Coaching Points

1. Vary attacking runs/patterns
2. Attack at speed
3. Accurate shooting - follow for rebounds
4. Don't allow players to be offside

Activity 4: Transition Attack
Focus: Attacking, defending



1. Area 30 x 10 yds
2. Ball per player
3. Cones
4. Training Vests
5. Goals

Objective

Two teams of 4 players. Each team separates into two - 2v2 game. The other players stand behind their defensive end waiting to come onto the field. If a ball goes over the end line (a goal or not), the players behind that goal enter the field with a ball and attack the opposition. The team that is replaced quickly get off the field and get a ball ready to return.

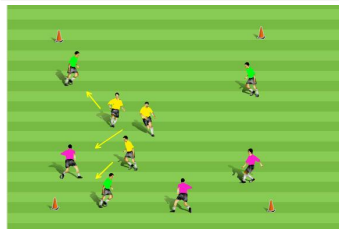
Coaching Points

1. Transition should be explosive – take advantage
2. Bring a new ball from wide positions
3. Defensively, retreat quickly to protect the goal



Activity 1: Defending in Groups - 'Funnel' defending

Focus: Defending



1. Area 20x20
2. Balls
3. Cones
4. Training vests

Objective

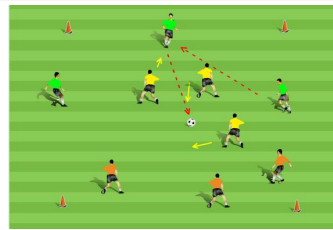
Three teams (A, B, C) of 2-3 players play in a 20x20 area. Team A start as the defenders. B & C have to combine passes and 'keep ball' from A. Team A need to funnel the attack to the outside or towards cover. Work on body position and location of support.

Coaching Points

1. Position body to force play a direction
2. Cut off passes outside - funnel through middle
3. Communicate - help teammates by giving instructions

Activity 2: Defending in Groups - 'Pressure - Cover'

Focus: Defending



1. Area 20x20
2. Balls
3. Cones
4. Training vests

Objective

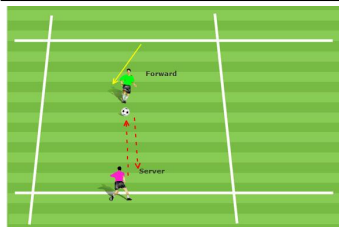
Three teams (A, B, C) of 2-3 players play in a 20x20 area. Team A start as the defenders. B & C have to combine passes and 'keep ball' from A. Team A need to apply pressure and cover to win possession - but must not be split by a pass between them. Work on body position and location of support.

Coaching Points

1. Communicate who is going to pressure the ball
2. Pressure to force ball into the cover
3. Keep ball on periphery and don't allow penetrative passes

Activity 3: Back to Goal Series

Focus: Attacking, Creating Space



1. Area 10 x 10 yds
2. Balls
3. Cones

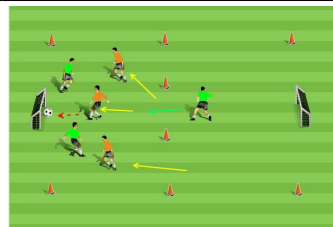
Objective

Two players face each other 10 yards apart. The server initiates all movements by playing a firm pass along the ground to the forward. The forward player has to turn and attack the line behind him/her. Start without a defender and then add a defender into the activity starting behind the forward. There are 5 moves for the forward when receiving the ball - 1) Turn, 2) Self pass (receiving touch plays the ball towards the server approx 5 yards and then a quick turn), 3) Check towards the server at an angle and turn, 4) Check and let the ball run through the legs (dummy) and turn, 5) Check, hesitate (to initiate contact with the defender and check to the ball again). 5-10 attempts each and switch.

Coaching Points

Activity 4: All Up and All Back

Focus: Attacking, Defending



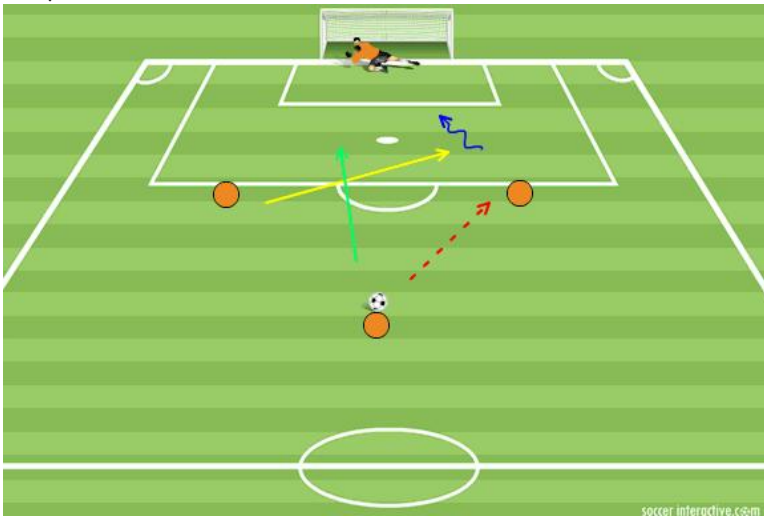
1. Area 40 x 20 yds
2. Ball per player
3. Cones
4. Training Vests
5. Goals

Objective

A line of cones mark the center line of the field. Players play a regular game of soccer (3v3 to 5v5), but a goal does not count for the attacking side unless all players are in the attacking half of the field. Also, a goal counts as double if all defenders are not in the defensive half when the ball enters the goal.

Coaching Points

1. Attack – provide angles for support
2. Defense – get behind the ball
3. Think quickly and concentrate on the rules



Materials Needed



Area 25 x 35 yds

- Balls
- Cones

2 v 1 Countdown to Goal (Attacking)

Description:

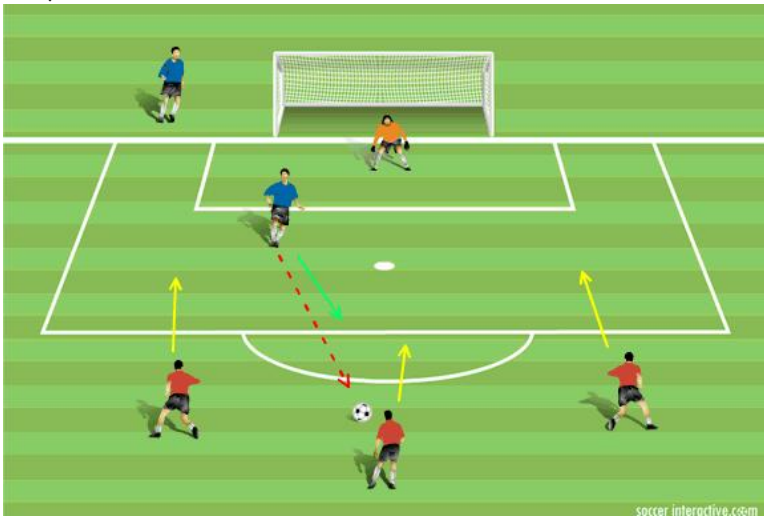
Balls are placed 35 yards from goal in a central position. Player A starts on a cone (next to the balls) with a ball. Player A must make a decision on which one of the two support players to pass to (B or C). The support players start on a cone 5 yds closer to the ball than player A and in line with the edge of the 6 yard box. Whichever support player receives the pass, the other player becomes a defender to create a 2v1 situation. The two attackers must combine to score. The two attackers have 8 seconds to score.

Coaching Points

- Positive touch towards goal
- Movement to support ball carrier
- Shoot when opportunity arises

Progressions:

Progress by increasing or decreasing the number of players.



3 v 1 to Goal (Attacking)

Description:

Attacking team start 15 yds from goal. 1 defender and a goalkeeper defend the goal. The goalkeeper starts with the ball and distributes it to the attackers - who attack at goal. The objective for the attacking team is to score as many goals in 5 minutes - each attack is started by the goal keeper. Attackers must sprint back to the starting positions after each attack.

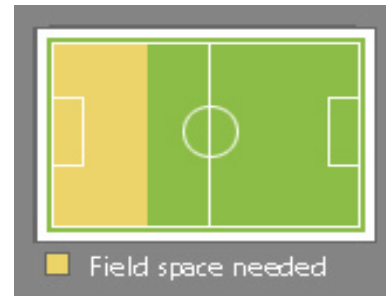
Coaching Points

- Vary attacking runs/patterns
- Attack at speed

Progressions:

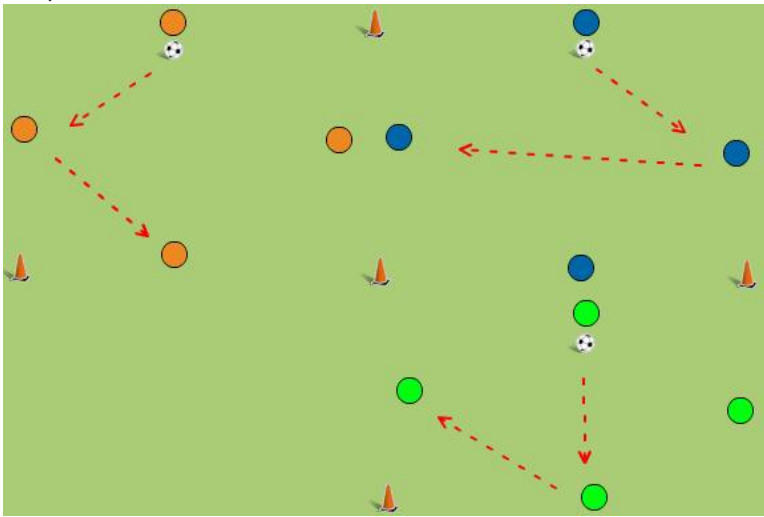
- 1) 3v2.
- 2) No goalkeeper (for success).

Materials Needed

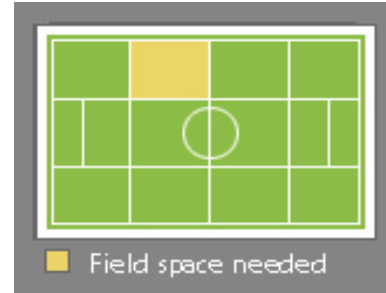


Area 25 x 40 yds

- Balls
- Training Vests
- Goal



Materials Needed



Area 20 x 20 yds

- Balls
- Cones
- Training Vests

4 Box Possession (Possession)

Description:

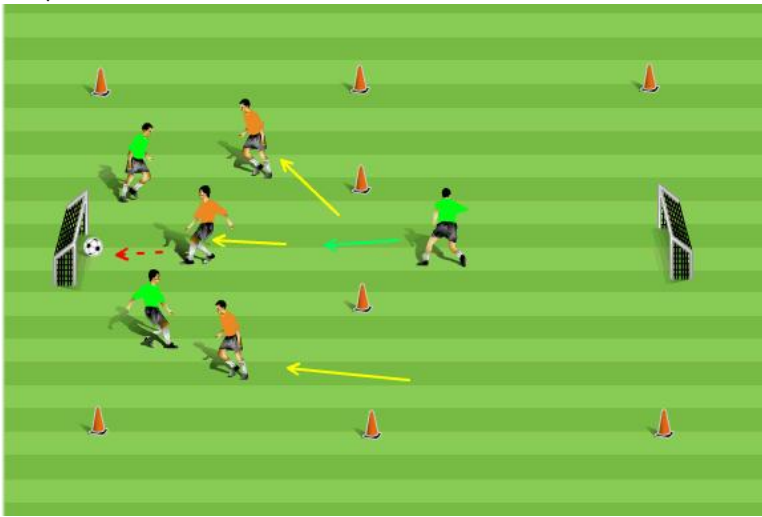
Three teams of four start in their own 10 x 10 yds area. Each team has a ball. The team must pass and move around their box without the ball stopping or going out of bounds. After the team has played 10 passes they move into the next box (clockwise). The first team to make it all the way around wins the game.

Coaching Points

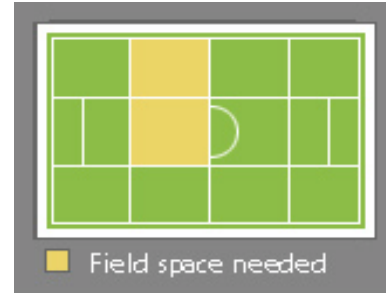
- Keep ball moving at all times
- Concentrate on the quality of the pass
- Maintain shape
- Communication

Progressions:

Progress to 2-touch or 1-touch only.



Materials Needed



Area 40 x 20 yds

- Ball per player
- Cones
- Training Vests
- Goals

All Up and All Back (Attacking, Defending)

Description:

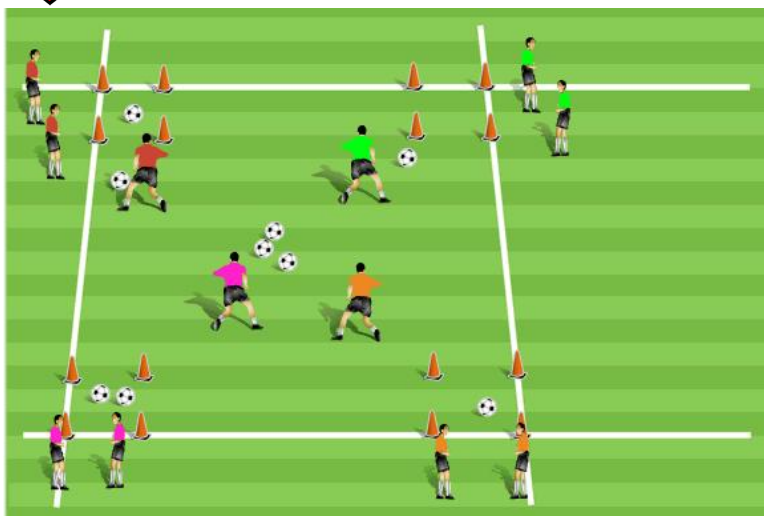
A line of cones mark the center line of the field. Players play a regular game of soccer (3v3 to 5v5), but a goal does not count for the attacking side unless all players are in the attacking half of the field. Also, a goal counts as double if all defenders are not in the defensive half when the ball enters the goal.

Coaching Points

- Attack – provide angles for support
- Defense – get behind the ball
- Think quickly and concentrate on the rules

Progressions:

Add conditions such as one touch finish and two touches everywhere else.



Antz Nests (Dribbling, Turns)

Description:

Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

- Quick turns and dribble
- Look around to see which groups are closest to winning
- Stay upright when competing for a ball

Progressions:

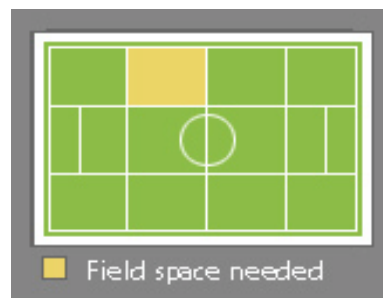
Each Ant has a name (characters from the movie) – Z, Weaver, Princess Bala and Barbatus. When the coach shouts a name, the ants of the same name from each team collect supplies (balls) from the center of the square – one at a time only. The objective is to fill the nest with supplies first – three balls.

Story: 'Z, Weaver, Princess Bala and Barbatus need to collect supplies for the Antz nest before the supplies run out – three rival colonies are also sharing so the team must move fast?'

Progression/variations:

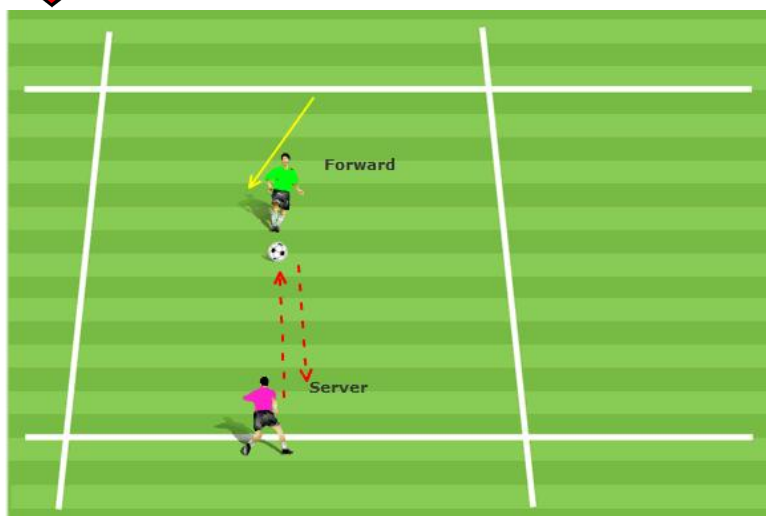
Eliminate balls each round so there are not enough for each team to have three balls. Allow the players to steal one ball at a time from an opposing group until they have three.

Materials Needed

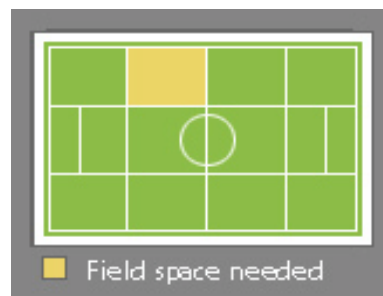


Area 20 x 20 yds

- Ball per Player
- Cones
- Training Vests



Materials Needed



Area 10 x 10 yds

- Balls
- Cones

Back to Goal Series (Attacking, Creating Space)

Description:

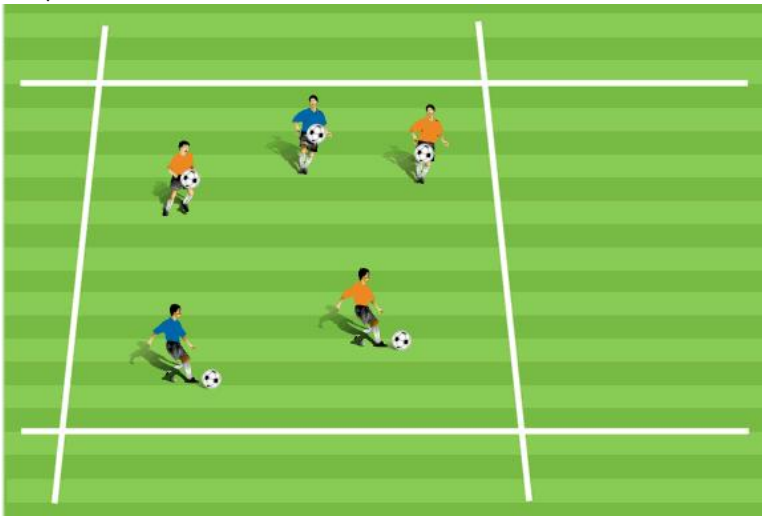
Two players face each other 10 yards apart. The server initiates all movements by playing a firm pass along the ground to the forward. The forward player has to turn and attack the line behind him/her. Start without a defender and then add a defender into the activity starting behind the forward. There are 5 moves for the forward when receiving the ball - 1) Turn, 2) Self pass (receiving touch plays the ball towards the server approx 5 yards and then a quick turn), 3) Check towards the server at an angle and turn, 4) Check and let the ball run through the legs (dummy) and turn, 5) Check, hesitate (to initiate contact with the defender and check to the ball again. 5-10 attempts each and switch.

Coaching Points

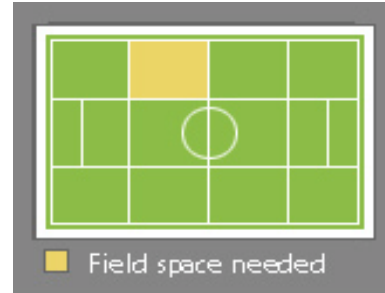
- Receive the ball sideways to create distance from the defender
- Use body contact with defender to create separation
- When checking to the ball accelerate

Progressions:

Forward players spend a high percentage of their play with back to goal - usually with a defender or two breathing down on them. Back to goal play is a true art and needs to be learned in practice sessions. Forwards proficient in back to goal play seem to create separation with ease to create time and space. This proficiency requires timing and body contact.



Materials Needed



Area: 20 x 20 yds

- Cones
- Ball per Player

Can You ?..... (Ball mastery)

Description:

Coach to lead patterns of movement asking can you? Basic and more advanced movements.

Coaching Points

- Use different surfaces of the body
- Balance
- Keep eye on the ball

Progressions:

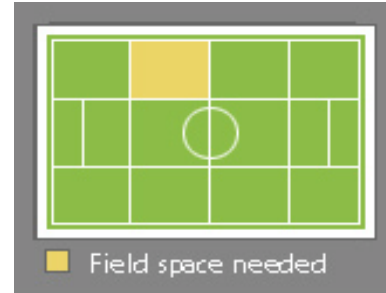
Each time you play add a different movement, turn and mastery skill. For example: Movement sequence:

1) **Dribble with laces** - slow down and push the ball lightly with the laces (left, right and both) 2) **Boxes** – push the ball from side-to-side, right to the left foot and back again, 3) **Toe taps** – hopping from one foot to the other touching the top of the ball with the opposite foot each time. Ball stays does not move. 4) **Sole drag back** – hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes, 5) **Sole push** – push the ball forward with the sole of the shoes, 6) **Laterals** – move to the left by dragging the right foot over the top of the ball (rolling the foot over the top of the ball). Move right with the left foot. Turns: It is anticipated players at the end of this stage of development will be able to perform the following turns 1) **Inside of the foot**, 2) **Outside of the foot**, 3) **Drag back**, 4) **Step over**, and 5) **Back heel**. Add others! This is also excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dodging etc.

Progressions: 1) Make a circle, triangle in grass, 2) One bounce volley to hands (thigh, head etc), 3) No bounce volley etc, 4) Balance ball on foot, head, shoulder for 2,5,10 seconds, 5) Seated - lift ball off ground with feet, flick to hands - 1&2 foot volley 6) Seated dribble around body 7) Pairs challenge 1 Foot, Foot, Thigh Catch, 2, Thigh, Thigh, Foot Foot, etc.



Materials Needed



Area: 20 x 20 yds

- Ball per player
- Cones

Coach Says (Dribbling, turns)

Description:

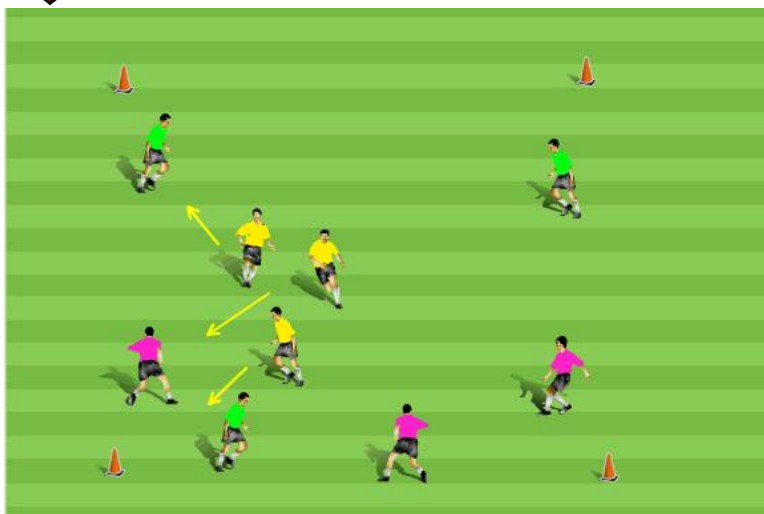
'Coach Says' is an adaptation of the popular game 'Simon Says'. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

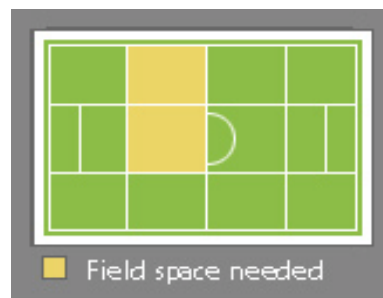
- Encourage players to move into space
- Listen carefully to what is said
- Quick response to instruction

Progressions:

Coach provides players with instructions, but the players only react to commands preceded by 'Coach says'. For example, if "Coach says dribble the ball" – players dribble the ball, but if the coach instructs "dribble the ball" the players should continue with the activity they were performing before the instruction. This is a really good activity to coach and improve technique - dribbling, turning and ball mastery. Each time you play add a different movement, turn and mastery skill. For example: Movement sequence: 1) **Dribble with laces** - slow down and push the ball lightly with the laces (left, right and both) 2) **Boxes** – push the ball from side-to-side, right to the left foot and back again, 3) **Toe taps** – hopping from one foot to the other touching the top of the ball with the opposite foot each time. Ball stays does not move. 4) **Sole drag back** – hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes, 5) **Sole push** – push the ball forward with the sole of the shoes. 6) **Laterals** – move to the left by dragging the right foot over the top of the ball (rolling the foot over the top of the ball). Move right with the left foot. Turns: It is anticipated players at the end of this stage of development will be able to perform the following turns 1) **Inside of the foot**, 2) **Outside of the foot**, 3) **Drag back**, 4) **Step over**, and 5) **Back heel**. Add others! This is also an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dodging etc.



Materials Needed



Area 20x20

- Balls
- Cones
- Training vests

Defending in Groups - 'Funnel' defending (Defending)

Description:

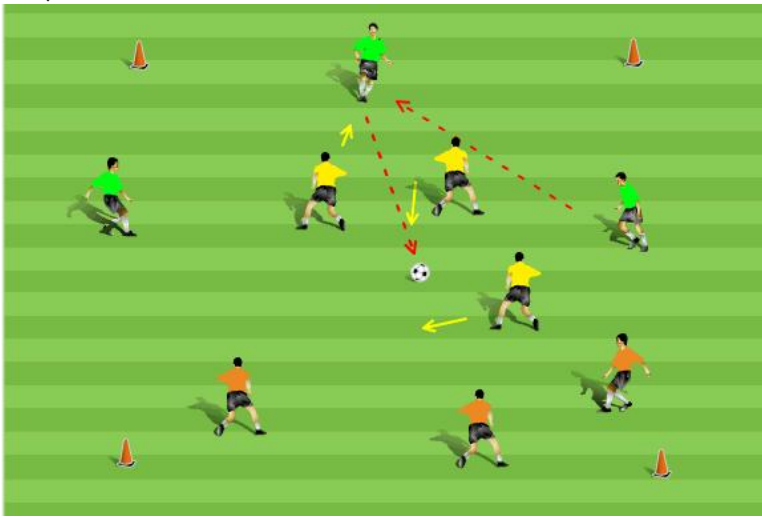
Three teams (A, B, C) of 2-3 players play in a 20x20 area. Team A start as the defenders. B & C have to combine passes and 'keep ball' from A. Team A need to funnel the attack to the outside or towards cover. Work on body position and location of support.

Coaching Points

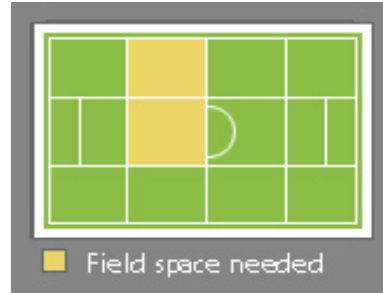
- Position body to force play a direction
- Cut off passes outside - funnel through middle
- Communicate - help teammates by giving instructions

Progressions:

Working as a defending unit is important for competitive play. This activity not only works on the positioning of the players, but also the communication.



Materials Needed



Area 20x20

- Balls
- Cones
- Training vests

Defending in Groups - 'Pressure - Cover' (Defending)

Description:

Three teams (A, B, C) of 2-3 players play in a 20x20 area. Team A start as the defenders. B & C have to combine passes and 'keep ball' from A. Team A need to apply pressure and cover to win possession - but must not be split by a pass between them. Work on body position and location of support.

Coaching Points

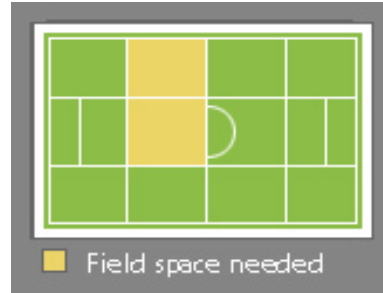
- Communicate who is going to pressure the ball
- Pressure to force ball into the cover
- Keep ball on periphery and don't allow penetrative passes

Progressions:

Working as a defending unit is important for competitive play. This activity not only works on the positioning of the players, but also the communication.



Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones
- Training Vests
- Goals x 2
- Hurdles, ladders, rings etc

Numbers Game (Dribbling, attacking, shooting, defending)

Description:

A coach's favorite – players play individually and as a small group to score a goal!

Coaching Points

- Get to the ball quickly
- Look for the goal not protected
- Move quickly to the goal

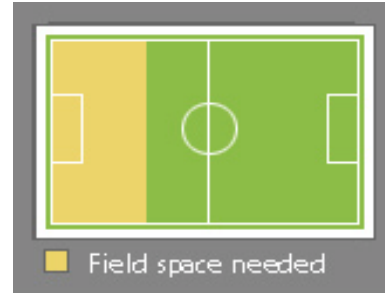
Progressions:

Two, three or four teams situated on each side of the field. One or two goals at end - coach rolls a ball out and calls a number. The player in each team corresponding to the number/s runs out and attempts to score a goal.

1) Players run around a cone before coming onto the field, 2) Run through the ladder, 3) Under and over the hurdle etc, 4) Player must play the ball to their team on the sideline and receive it back before scoring, 5) Two or more numbers are called and each player must touch the ball before scoring.



Materials Needed



Area 30 x 10 yds

- Balls
- Cones

Passing Competition (Passing, Receiving)

Description:

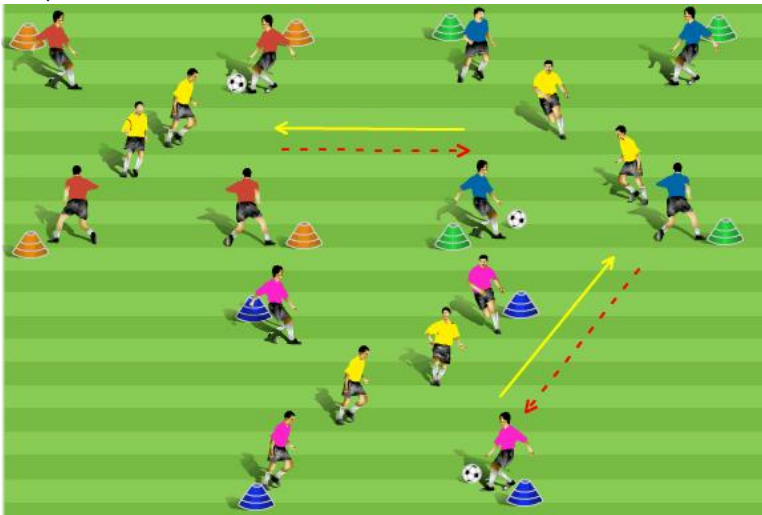
2 Teams of four are each in a 10 x 10 yds square - 10 yds between the squares. Each team player is numbered 1-4. Both teams have a ball and start to pass and move. The coach shouts a number and that player becomes a defender. The defender sprints to the other square to create a 3v1 situation. The first team to make 6 consecutive passes get 1pt - the first team to 5 points wins.

Coaching Points

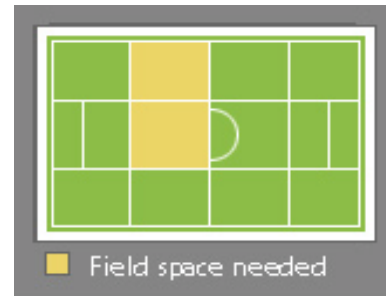
- Movement off the ball to provide support
- Receive the ball in the direction of the next pass
- Accuracy and pace on the ball
- Communication
- Defender - close down quickly

Progressions:

The defender can gain an extra point if they win possession from the 3 attackers.



Materials Needed



Area: 30 x 30

- Balls
- Cones
- Training vests

Promotion/Relegation (Passing, Possession)

Description:

Create three 10 x 10 squares. 4 v 2 in each square. Team of 4 attempts to combine 10 passes without having defenders break up play. If defender steals ball, he/she switches with player who gave it away. If group of 4 completes 10 consecutive passes, they are promoted to the next box (in turn relegating the team above them). Play continuously.

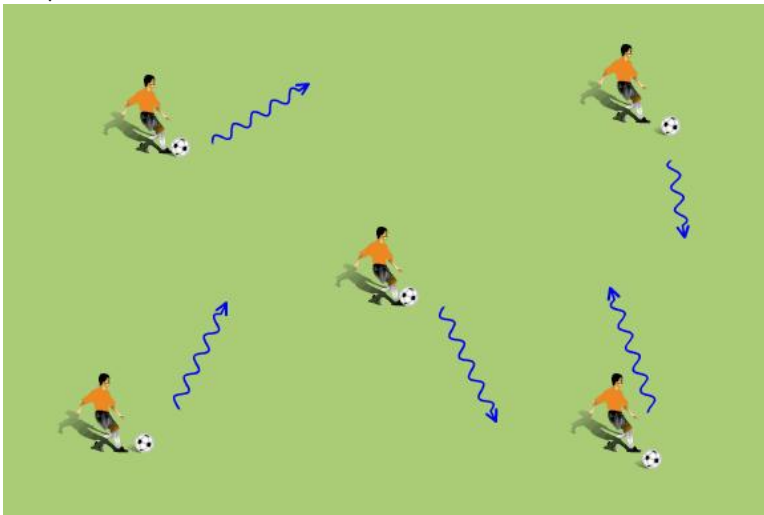
Coaching Points

- Speed of passing
- Accuracy of passing
- Receiving of a pass/first touch

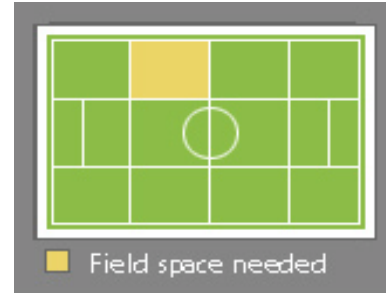
Progressions:

Progressions

1) Must take 2 touches, 2) One-touch only, 3) Increase/decrease number of players involved



Materials Needed



Area 30 x 30 yds

- Cones
- Ball per player

Traffic Lights (Dribbling Warm Up)

Description:

Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

Coaching Points

- Keep ball close and under control
- Keep head up
- Keep the ball moving

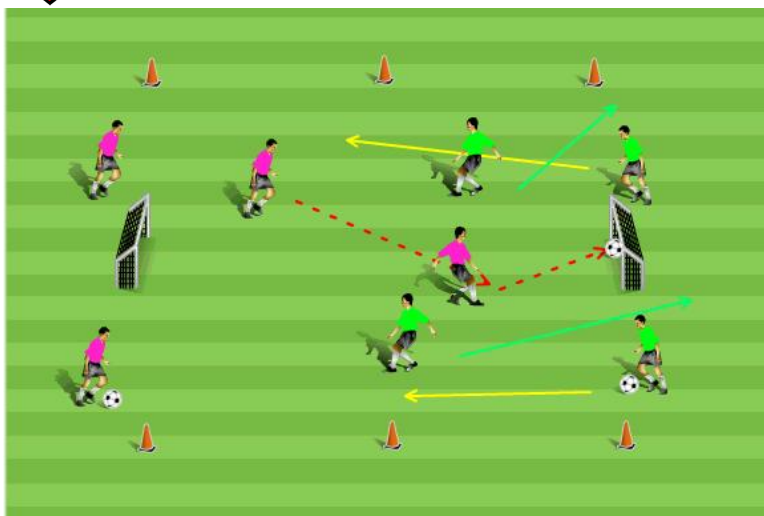
Progressions:

This is a really good activity to coach and improve technique - dribbling, turning and ball mastery. Each time you play Traffic Lights add a different movement, turn and mastery skill. For example:

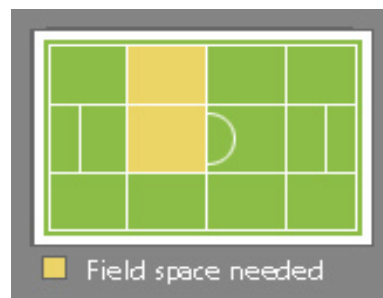
Movement sequence: 1) **Dribble with laces** - slow down and push the ball lightly with the laces (left, right and both) 2) **Boxes** - push the ball from side-to-side, right to the left foot and back again, 3) **Toe taps** - hopping from one foot to the other touching the top of the ball with the opposite foot each time. Ball stays - does not move. 4) **Sole drag back** - hopping between feet, move backwards dragging the ball back alternating between the sole of the shoes, 5) **Sole push** - push the ball forward with the sole of the shoes. 6) **Laterals** - move to the left by dragging the right foot over the top of the ball (rolling the foot over the top of the ball). Move right with the left foot.

Turns: It is anticipated players at the end of this stage of development will be able to perform the following turns 1) **Inside of the foot**, 2) **Outside of the foot**, 3) **Drag back**, 4) **Step over**, and 5) **Back heel**. Add others!

Also if you have a number of coaches or parents you could add toll bridges. Have coaches and parents stand with their legs apart. Every time a player sees an open toll bridge they must play the ball through the legs and collect it from the other side.



Materials Needed



Area 30 x 10 yds

- Ball per player
- Cones
- Training Vests
- Goals

Transition Attack (Attacking, defending)

Description:

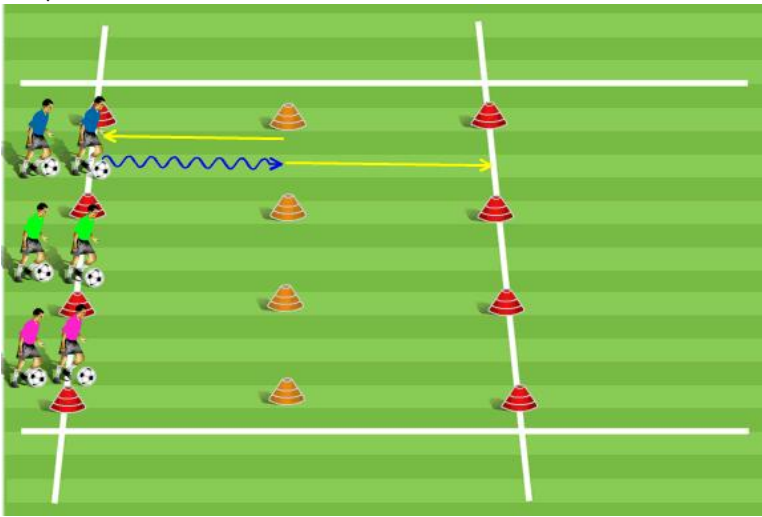
Two teams of 4 players. Each team separates into two - 2v2 game. The other players stand behind their defensive end waiting to come onto the field. If a ball goes over the end line (a goal or not), the players behind that goal enter the field with a ball and attack the opposition. The team that is replaced quickly get off the field and get a ball ready to return.

Coaching Points

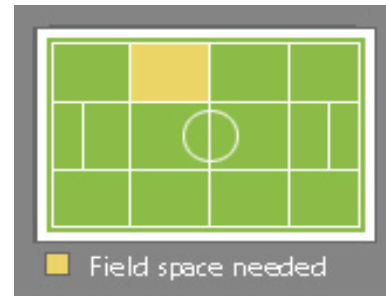
- Transition should be explosive – take advantage
- Defensively, retreat quickly to protect the goal
- Bring a new ball from wide positions

Progressions:

4 players: 1v1 in the area and the other player behind the defensive end with a ball, 8 players: 2v2 in the area and 2 players behind each end with a ball, 12 players: 3v3 in the area and 3 players behind each end with a ball



Materials Needed



Area 30 x 20 yds

- Balls
- Cones
- Training Vests

Turn or Go (Dribbling)

Description:

Players in pairs start on the end line with a ball each. On the coach's signal the first player in each pair jogs without the ball down their channel. If the coach whistles once, they sprint forward to the opposite end line. If the coach whistles twice then they turn and sprint back to the start line. Repeat with the second player in each pair. Progress the movement as follows: 1) Skip, 2) Gallop, 3) Hop. Pairs compete against the other teams - A point is awarded each time for the winner.

Coaching Points

- Controlled movement or dribble before the whistle(s)
- Run or dribble forward at pace after one whistle but maintain control of the ball
- Turn with minimal touches and accelerate back to the line with the ball under control

Progressions:

Progress to ball mastery exercises moving forward: 1) Toe Taps, 2) Sole Taps, 3) Lateral ball rolls. One whistle and the players dribble forward and stop the ball on the line. Two whistles they perform a specified turn and dribble back to the starting line. 1) Drag back 2) Step on 3) Inside cut, 4) Coach calls out a specific turn rather than two whistles for change of direction, 5) On one whistle players to leave the ball on the opposite end line, turn and sprint back to the start line without the ball.