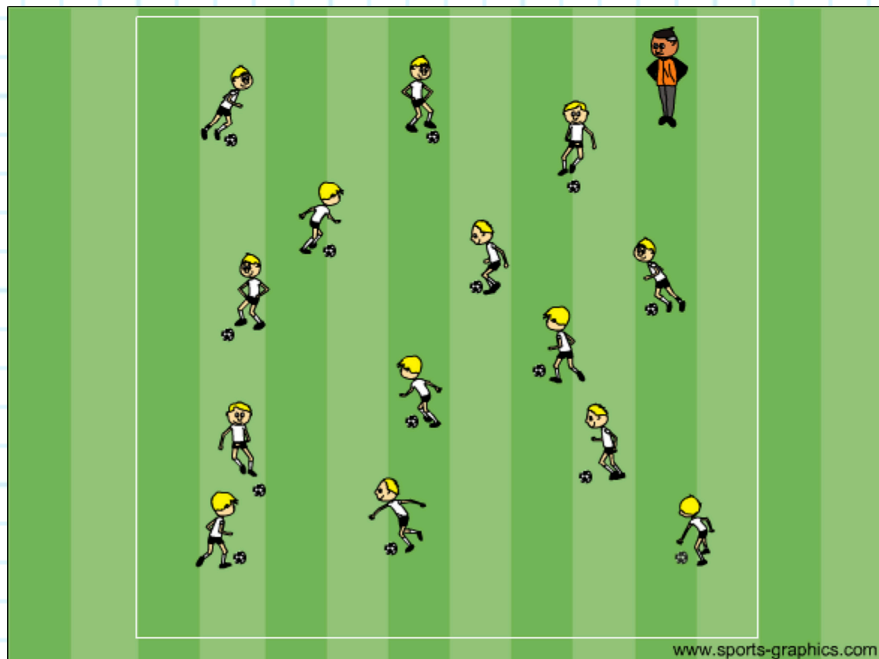




Date:	Week:
Topic: Body Part Dribble/ Simon Says	Duration:
Theme/Stage:	Extra Equip:
Level: U5 and Up	
Coach:	



Set Up: Players Dribble in the grid, once the coach calls out a body part players must stop the ball and place that body part on the ball.

Progress to: Simon says body part. Try to catch out players

Progress to Glue tag: Once the body part is touching the ball if the coach calls out glue, players must stick the ball to that body part and try to tag the other players balls

Web Link for video:

Coaching Points/ Questions

Technical:

Tactical:

Psychosocial:

Physical:

How can you run with a ball glued to you?

To Adjust Difficulty:

Call out body parts in quick succession.

Call out multiple body parts at the same time (head and knee)

Notes: