Four Year Program

Week #8

1. **Warm Up**

Players line up in two columns

Players run from cone to cone and back

Have the players move in different ways

1. **Dribbling**

Same set as the warm up

Players dribble around the far cone and back

1. **Tag**

The coach is “it”

The coach carries a soft item (hat or shirt) and tries to tag

The players. When the player is tagged, now becomes “it”

The player receives the shirt to hold

Have all players stay in grid

1. **Shooting**

Players line up in groups of 3

One the whistle they dribble their ball to the goal

See who can score

1. Game
2. Snack and Smile time