

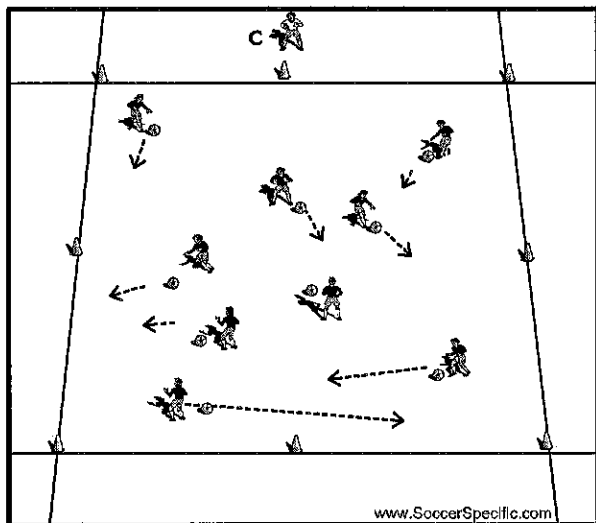


U6

SEASON OF SESSIONS

ACTIVITY #1

Set up: Grid Dribble



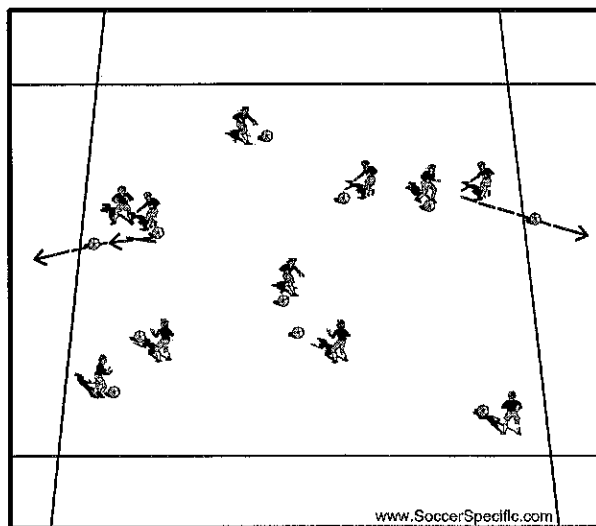
Instructions:

- Free dribble
- Dribble and give HY-FIVS (How many in 30 seconds?)
- Dribble around farthest cone and back
- Apply Dribbling moves
- Left foot only/right foot only,
- Turns (inside, outside, pull backs)
- Foundation, ball taps (stationary then on the move) and Roll stop roll (lateral)
- 10 toe touches get to a line
- On "change" leave your ball and dribble someone else's
- Dribble, stop ball with sole of shoe then change direction
- Coach randomly calls out #'s (2, 3, 4 etc) and players have to dribble and get in a group with that number as fast as possible
- Split players on the dribble (30 seconds, keep count)

Coaching Points:

ACTIVITY #2

Set up: Knockout



Instructions:

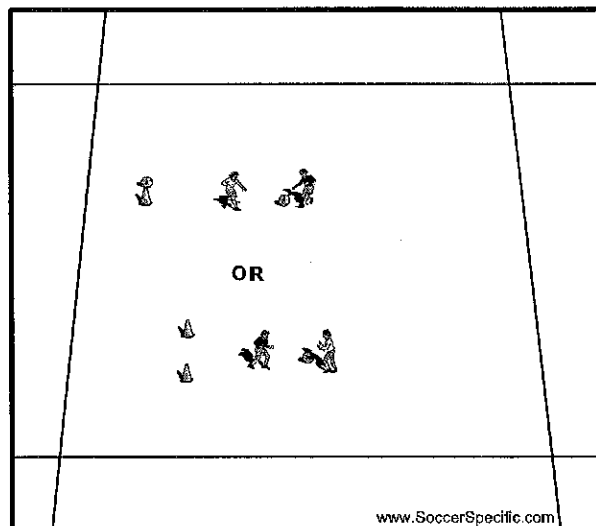
- Players begin by dribbling around a designated area, and then are instructed to attempt to kick another player's ball out of the area while maintaining possession of their own ball. If their ball is kicked out or they dribble out of the area, that player must perform a quick task with the ball before reentering the game (ex. 5 juggles or toe taps)
- Progress: Count how many balls you can knockout in 1 minute
- Progress: Play team vs team knockout

Coaching Points:

- Decision making
- Encourage players to engage and knockout others balls
- Shielding and escaping

ACTIVITY #3

Set up: 1v1 to Cone Goals



Instructions:

- Play 30-60 second games, play different opponents. Start game with each player with one foot on the ball (away from cone/goal).
- On "play" game begins. Score by dribbling and knocking ball off of it or playing the ball thru a two sided goal. No cone hanging allowed, must engage ball at all times. No boundaries. Begin each new game with a different starting position : one foot on the ball, outside of one foot touching ball, sit down back to back with ball between, standing up back to back with ball between

Coaching Points:

- Face up opponent
- Attack at speed
- Use feints and moves to beat defender

ACTIVITY #1

Set up: Follow the Leader

Instructions:

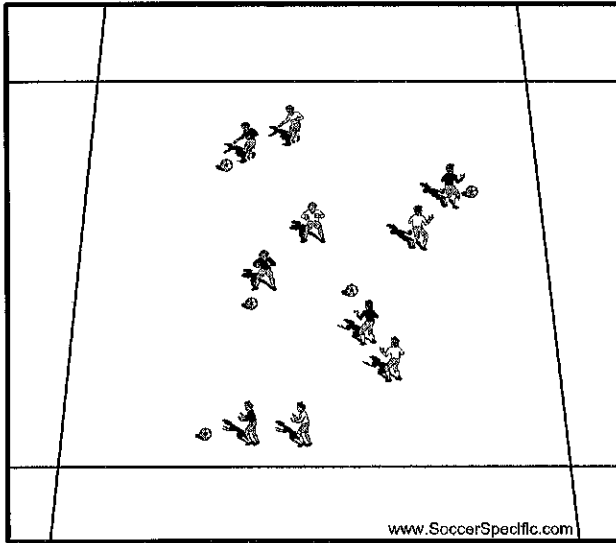
Players are divided into pairs. Players are numbered #1 and #2. Player #1 starts as the leader and dribbles the ball anywhere in the grid. Player #2 must follow player #1 and copy all the moves and skills that are shown. Play for 45 seconds then change roles. After a couple runs, change with a different partner in the grid.

Coaching Points:

Keep ball close

Ask players to use both feet and all parts of the foot

Encourage players to use different moves and fakes



ACTIVITY #2

Set up: Shadows

Instructions:

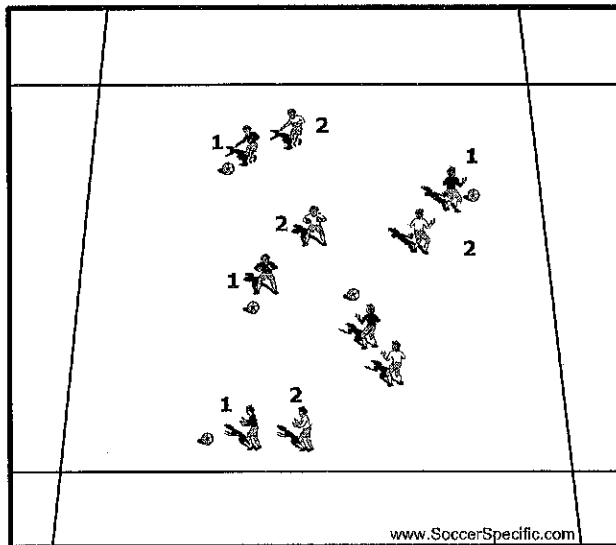
Players are divided into pairs. Players are numbered #1 and #2. Player #1 starts as the leader and dribbles the ball anywhere in the grid. Player #2 must follow player #1 and copy all the moves and skills that are shown. Play for 30 seconds then change roles. Rotate players

Progression:

Now (both players are dribbling a ball) player # 1 attempts to lose their shadow by dribbling around in grid. When coach says "freeze," the leader must stand still with their legs open and the follower must attempt to pass the ball between their legs

Coaching Points:

Encourage creativity to shake shadow (defender).



ACTIVITY #3

Set up: Mirror Game

Instructions:

Imaginary line between cones. Players play 1v1. Play is continuous

1. Score by touching ball to one of side cones. If defender gets foot between cone and ball, they win possession. If ball goes across, player loses possession. Players can't come across line to other side

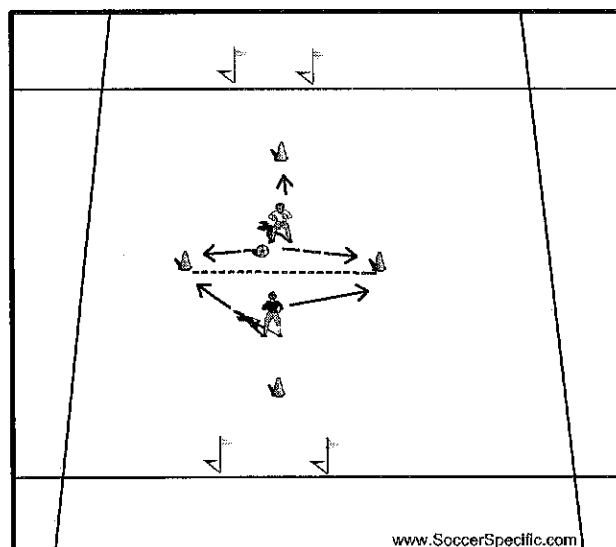
2. Score as above or can go backwards and touch cone for point. Opposing player can come across and touch the attacking player to win possession

3. Players can go forward across line and beat the opponent 1v1 and score on goal (use pinnies) for 3 points. If they come across, defender can win possession by touching ball. If player megs other and scores, they get 10 points

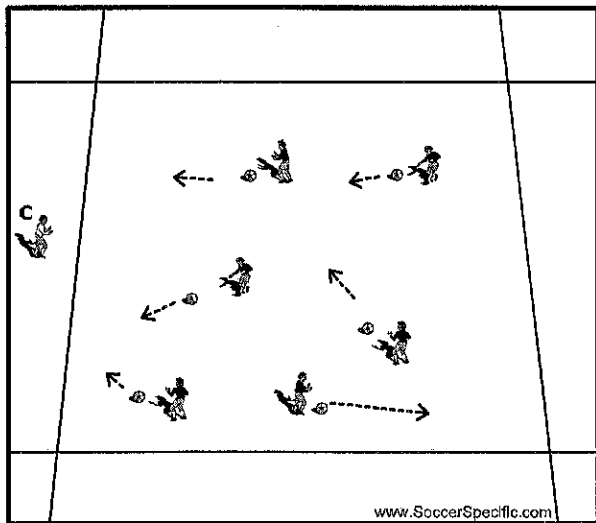
Coaching Points:

Creativity using fakes/feints

Score, Score, Score



ACTIVITY #1



Set up: Freeway

Instructions:

Players dribbling around the area and react to the Coach's commands.

Freeway: Dribble Fast

Red Light: Stop ball with top of foot

School Zone: Dribble slow

Crash: fall to ground get back up and dribble

Change: Players leave ball and dribble someone else's ball as fast as possible

Here comes the Police: Coach sprints into grid and attempts to kick balls out (make siren sounds to make it fun),

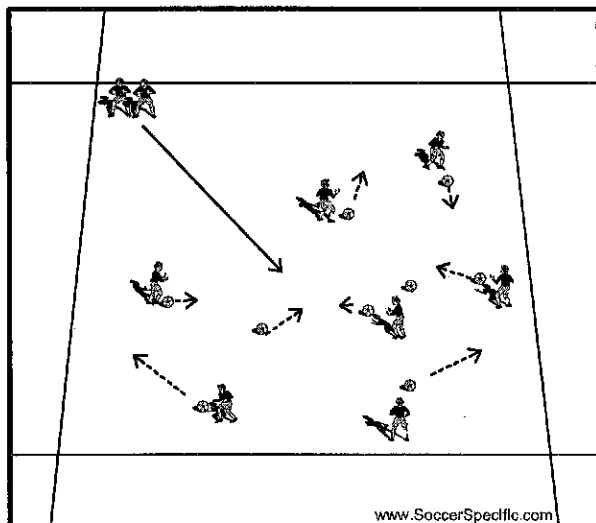
Progress: Delegate what foot to dribble with (ex left only, right only, laces only)

Coaching Points:

Listening skills

Reaction, awareness, confidence and decision making

ACTIVITY #2



Set up: Blob

Instructions:

To begin, two players join hands in the corner of the grid. (Blob). The rest of players are dribbling inside the grid. On command, the blob chase the other players and try to kick their ball out of the grid. If players are out, they join the blob. (blob gets bigger and bigger).

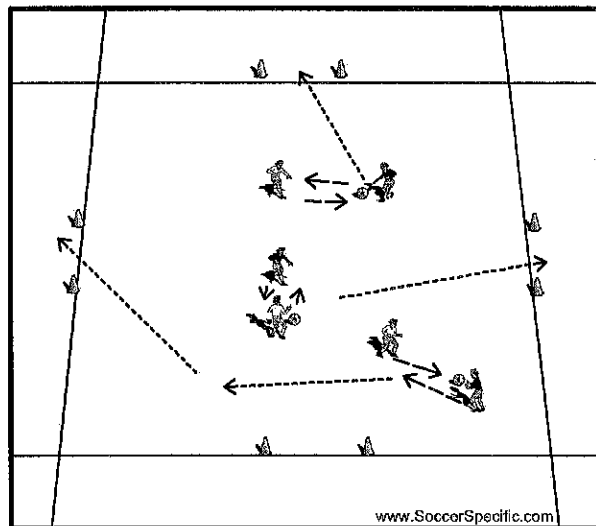
Progress: When four players have joined a blob, they split into two pairs of two players.

Coaching Points:

Change of speed and direction

Disguise and escapeability

ACTIVITY #3



Set up: Perimeter goals

Instructions:

2 players to a ball, inter passing. When coach says "play" player in possession of ball tries to beat other player and dribble thru a mini goal. Players can score on any goal. Rotate players

Progress: Team vs Team

Coaching Points:

Take players on

Decision making

Disguise and score

ACTIVITY #1

Set up: Big Bad Wolf

Instructions:

Each player with a ball. Coach begins as the Big Bad Wolf, and then designates each player to be the Big Bad Wolf at least once. On coach's command, the BIG Bad Wolf (growls) chases and attempts to kick the player's ball out of the area. If the ball is kicked out of the area, that player does 5 toe touches and dribbles back into the area to continue playing.

Progress:

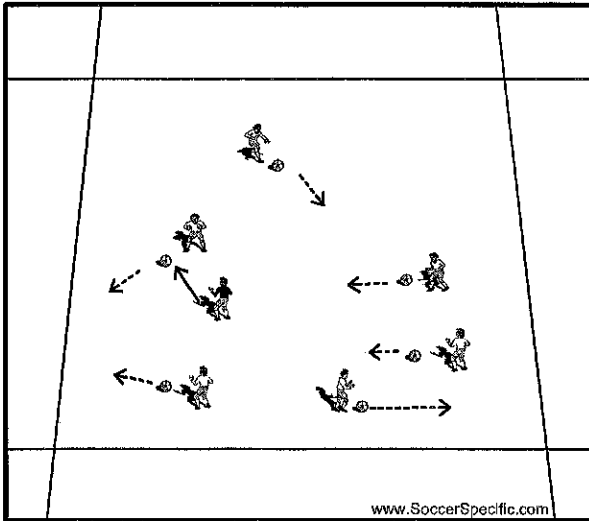
Players knocked out of grid, come back inside of grid, and must now stand with their ball above their head and spread their legs. To get back in the game, a teammate must dribble thru their legs without the Big Bad Wolf getting their ball.

Coaching Points:

Shielding

Visual and verbal communication between players

1v1 awareness



ACTIVITY #2

Set up: Crab Soccer

Instructions:

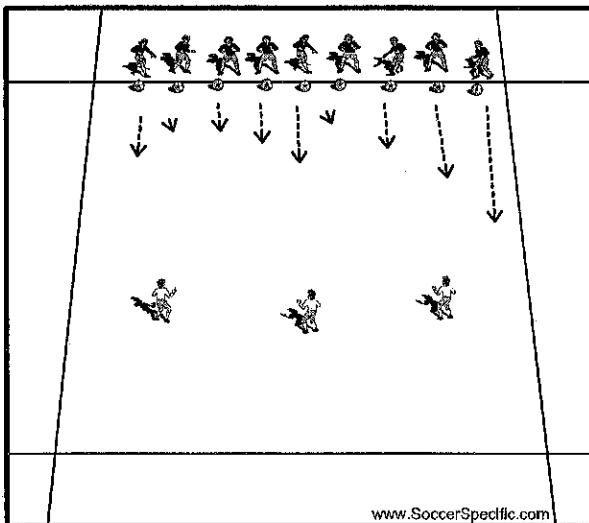
Players with balls, attempt to dribble from one side of the grid, past the crabs and safely to the other side. If a player's ball is won by a crab, played out of bounds by a crab, or dribbled out of bounds by the player, that player becomes a crab. Crabs can't run and are in sitting position. They can only use their legs and arms to move. Dribbling players can't chip the ball into the air or they automatically become a crab. If a crab has the ball between their feet or legs, the ball is considered won by the crab. If a crab touches the ball with their hands, the dribbler gets a free pass to the other side.

Coaching Points:

Decision making

Keep the ball close or dribble with speed?

Eyes up, change direction



ACTIVITY #3

Set up: Chesler Economical Training U6

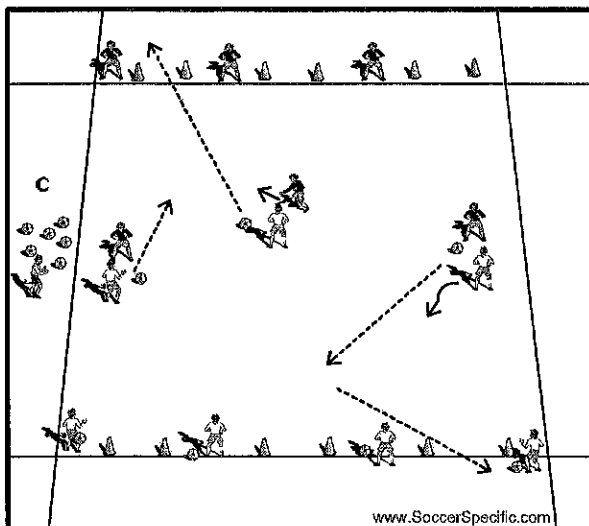
Instructions:

15 long x 20 wide or needed. Define direction. 3 games of 1v1 go on at same time for 30-45 seconds then rotate players in/out. Start with each player having a foot on the ball. (vary starting methods to make game fun. Ex sitting or standing back to back) Play is continuous. Each player in 1v1 attempts to dribble (U6 teams) through any of the three goals set across the grid. If defender wins the ball s (he/she) attempts to counterattack and dribble/pass through the opposite goals. After a goal or ball goes out of bounds, coach feeds a ball into the appropriate player. Keep track of goals scored and record to coach after each game
Progress: Play 2v2 then 3v3

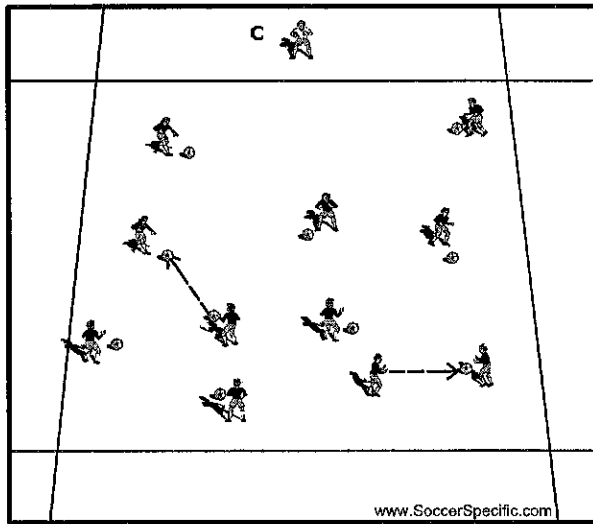
Coaching Points:

Score!

1v1 decision making



ACTIVITY #1



Set up: Marbles

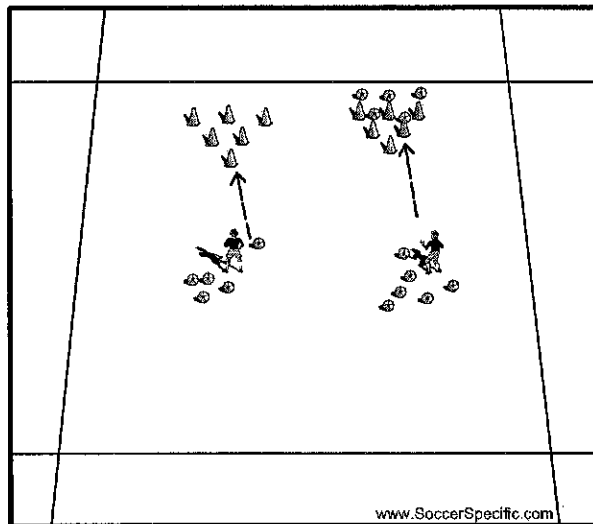
Instructions:

Play for time (30-60 seconds). One or two players start with a ball in their hands (Marbles) while the rest of the players are dribbling a ball inside the grid. Players holding balls try to toss their balls and hit the balls of the players dribbling. If this happens, the player whose ball gets hit becomes a Marble. Progress: All players dribble and pass their balls at the other players soccer balls attempting to hit them. Keep count of how many balls you hit.

Coaching Points:

Shielding
Change of speed and direction while dribbling
Passing pace and accuracy

ACTIVITY #2



Set up: Bowling

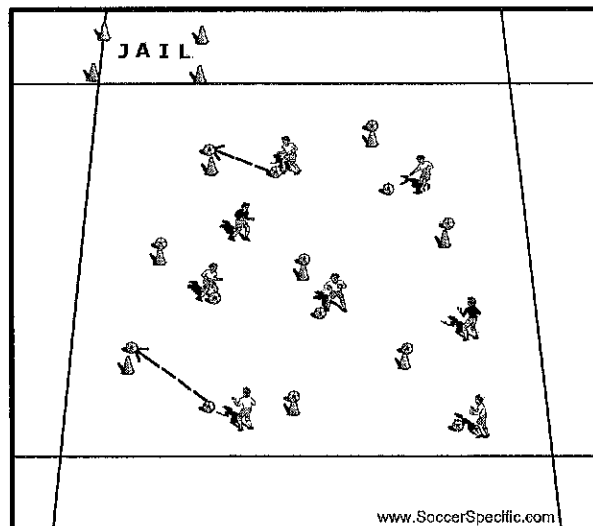
Instructions:

Set up various bowling alleys for each player. Parents/coaches act as retrievers. Players have as many bowls (kicks) as they need in order to knock all the pins (cones) down. If you only have small wazzie cones, you can place a ball on top of the cones for the players to knock down

Coaching Points:

Correct passing technique use inside of foot
Hips and plant foot face target
Follow thru

ACTIVITY #3



Set up: Cops and Robbers

Instructions:

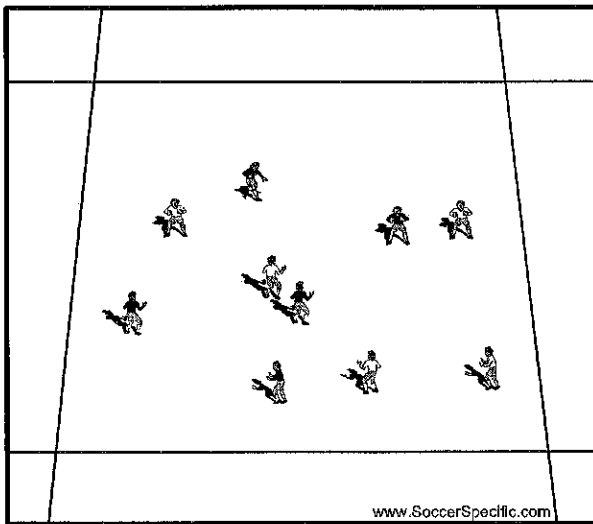
Have 2-3 cops, everyone else is a robber dribbling a ball. Robbers dribble around and try to knock over the cones by passing a ball at a cone and knocking it over. Cops attempt to catch the robbers before all the balls are knocked off the cones (Bank is robbed). If a ball is won or kicked out of the grid by the cops, that robber has to go to jail, an area designated outside the grid. To break out of jail, and back into the game, the robber has to do 5 toe touches. Play games for 30-60 seconds then change cops

Progress:

If robbers sent to jail, the only way to get out is to be tagged by a fellow robber (freeze tag).

Coaching Points:

Awareness
Change in speed and direction (dribbling)
Passing accuracy



ACTIVITY #1

Set up: Ole!

Instructions:

Divide players into two teams. Each player tucks a pinnie into the side of their shorts and lets it drape down. On coaches command, players attempt to pull the pinnies from any other players. When a pinnie is pulled, they scream Ole!. They leave the pinnie on the ground and the player picks up the pinnie, retucks it and continues playing. Players are not allowed to hold or guard their own pinnie. How many pinnies can a player pull of any color in 60 seconds?

Progress:

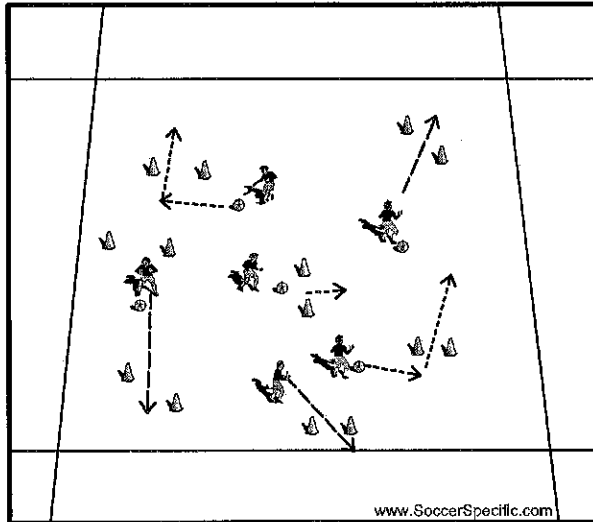
Add a ball; Everyone is dribbling a ball. How many pinnies can a player pull of any color

Team vs Team

Coaching Points:

Shielding (sideways on) and movement

Encourage players to compete and engage other players



ACTIVITY #2

Set up: Gates Game

Instructions: Start out with everyone dribbling a ball. Play for certain amount of time 30-60 seconds

Progression

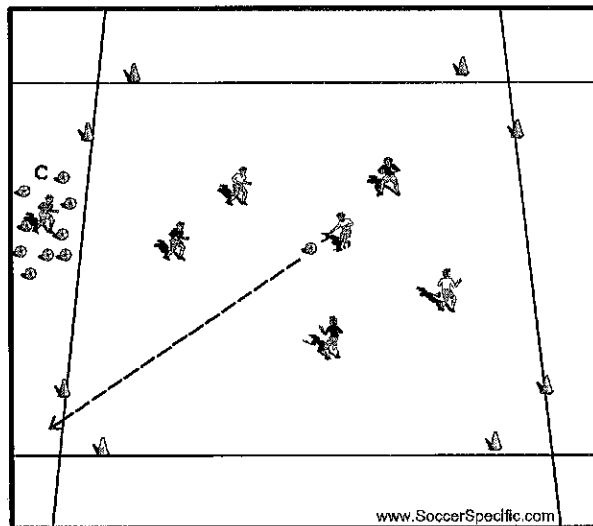
1. In any method you like, score as many goals in 30-60 seconds
2. Same as above but can't score on the same goal twice in a row. Players receive 1 point for every goal they dribble thru . Players lose 1 point every time they collide with each other or hit a cone
3. Add Goal Munchers (coach randomly walks thru, pause and blocks goals).
4. How fast can you score on every goal?
5. 1v1 to goal. Can't score on same goal twice in a row.
6. Team vs Team (U8 and above only)

Coaching Points:

Change of speed and direction

Turning

Decision making



ACTIVITY #3

Set up: Ganzberg Game

Instructions:

Divide groups into two teams of three-four players each. Make a goal with flags, cones etc at the corner of the field. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out of bounds, the coach plays in a new ball. The object of the game is to score thru any of the four goals. The only way to score is to dribble or pass the ball thru the goals.

Progress: Dribble thru a goal 3 points, pass thru a goal 1 point

Progress: Designate each team two goals to attack and two to defend

Coaching Points:

Decision making

Goal scoring.

ACTIVITY #1

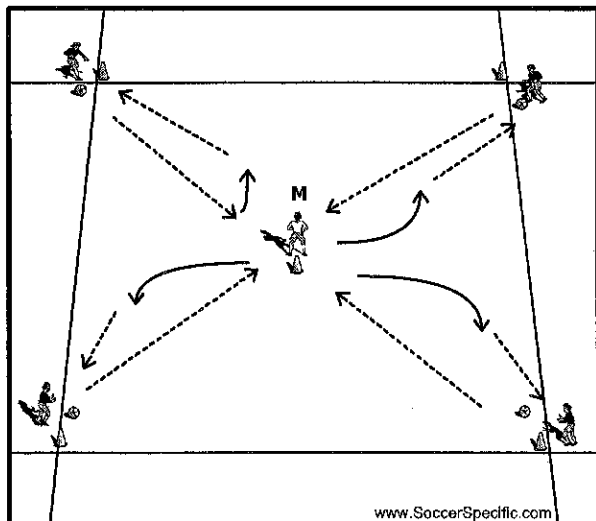
Set up: Monster Turnaround

Instructions:

4 players with a ball working at the same time. On coaches command, players dribble their balls to the center cone then execute a turn and return to their starting cone. Players get a point for dribbling at the monster and executing a turn without being tagged by the monster (M). Play for 30 seconds

Progression:

- Play to beat your own score
- Turn using the sole of the foot
- Turn using the inside of the foot
- Turn using the outside of the foot
- Turn after executing a stepover move
- Execute a move (scissor, in and out, drag etc) and go forward to other line diagonally opposite. Make sure each move has to go to your right or your left to avoid collisions



Coaching Points:

ACTIVITY #2

Set up: Jurassic Park

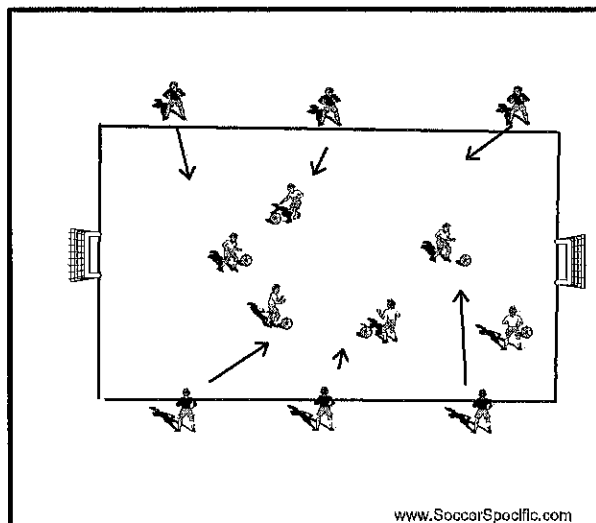
Instructions:

Designate two teams: One with a ball, one without. Objective is for the (Humans) to keep possession of the ball (s) for as long as possible from the (Dinosaurs). The Dinosaurs are trying to steal the balls and score as many goals (in either goal) in the quickest amount of time:

Note: Once a ball is lost (i.e, a goal or kicked out of area), you can help your teammates keep possession of the other balls until all balls are lost. Switch Roles, Repeat

Coaching Points:

- Eyes up
- Ball control
- Change direction and speed
- Shielding
- Score



ACTIVITY #3

Set up: Pinnie Soccer

Instructions:

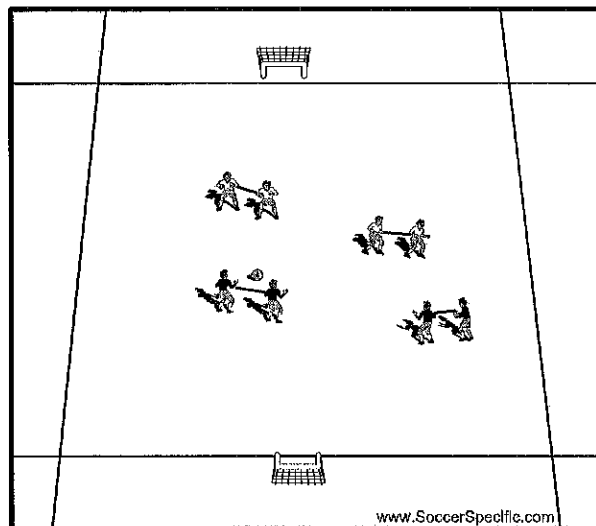
Make two teams. Create pairs of players and have them each hold a pinnie together. Players can not let go of the pinnie at any time during the game. Play to goals

Variation: Each player from each pair must touch the ball once before passing or shooting

Variation: Add extra balls.

Coaching Points:

- Team Work
- Decision Making
- Communication



ACTIVITY #1

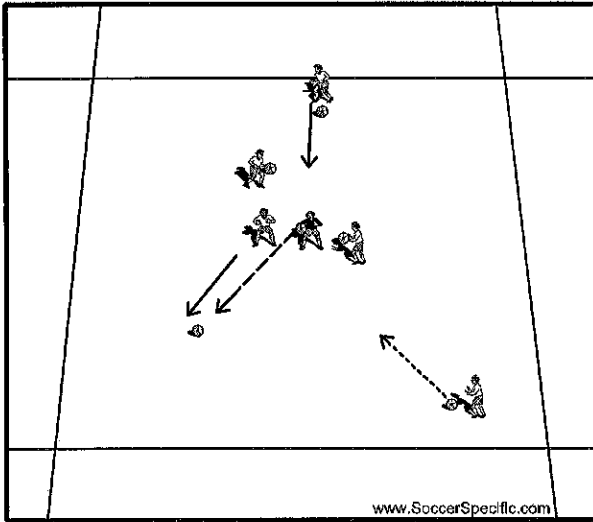
Set up: Ball Retrieval

Instructions:

The coach tosses the ball for each player to bring back with their feet, hands, elbow, forehead. Have all the players gather closely around the coach but not in a line. Each player hands the coach their ball, which the coach tosses randomly into an open area where they must retrieve the ball and get it back to you as specified and as quickly as possible.

Progression:

- Pick up ball and run back
- Pick up ball and skip back
- Pick up ball and hop back
- Bouncing ball back with one, then two hands
- Rolling it back with their hands
- Dribbling ball back with their feet
- Dribbling ball back with the bottom of their feet
- In pairs: Bring ball back without touching the hands



Coaching Points:

ACTIVITY #2

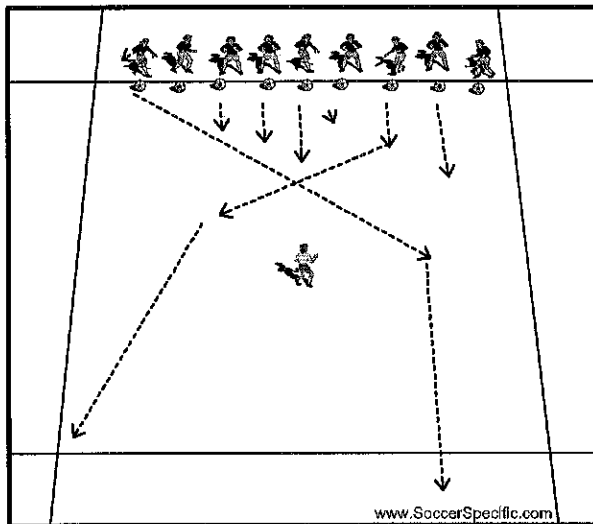
Set up: Sharks and Minnows

Instructions:

Each player has a ball and attempts to dribble from one side of the grid, past the coach (C) and to the other side. If a player's ball is won by the coach, played out of bounds by the coach, or dribbled out of bounds by the player, that player becomes a shark.

Coaching Points:

- Decision making
- Keep the ball close or dribble with speed (run with ball?)
- Eyes up, change direction



ACTIVITY #3

Set up: Ball Smugglers

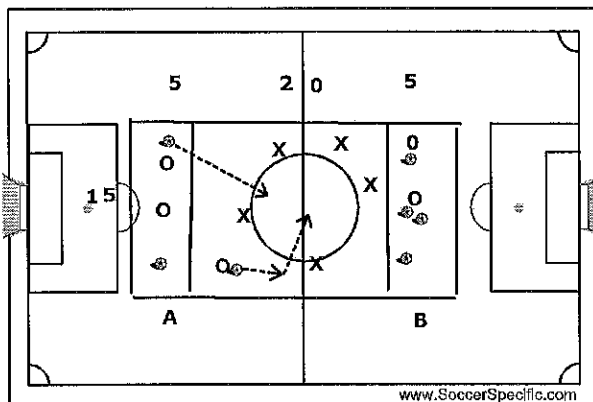
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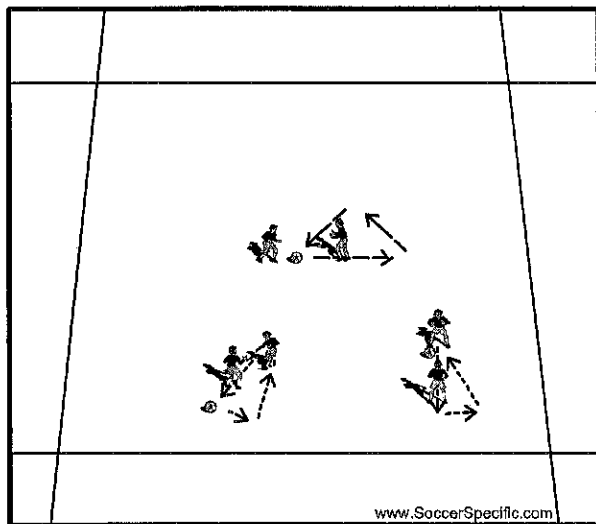
30 x 15 yard field, Inside the field, mark out two 5 x 10 dribbling zones plus a center circle 6 yards in diameter. Form two teams, one in each dribbling zone (each has a ball)

One team (police-X) defends the circle while the other players (smugglers-O) try to dribble as many balls as possible from zone A and B into the circle. Defenders/police are not allowed to enter the circle. Any dribbler/smuggler who loses a ball has to dribble back into one zone and then get a new ball from the other. Players switch roles after 1 to 3 minutes. Which team can smuggle more balls into the circle in this amount of time?

Coaching Points:

- Disguise
- Change of speed and direction
- Awareness





ACTIVITY #1

Set up: Dribbling game in Pairs

Instructions:

One player with a ball dribbles thru the legs of their stationary partner, then back around repeat. Player with legs open counts for player dribbling

Play games for 30-60 seconds.

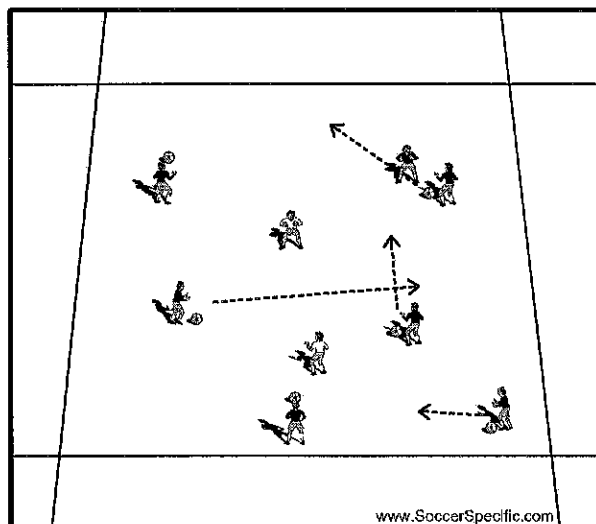
After both players go: If you tie or lose, you have 5 push ups

Progress: Dribble thru then crawl thru the legs

Coaching Points: Keep ball close

Speed on the turn

Compete



ACTIVITY #2

Set up: Freeze Tag

Instructions:

Start the game without a ball. One or two players is selected to be Capt Freeze. If one of the players is tagged by captain freeze, they become "frozen." Once frozen they shout for help. To be unfrozen, another player must come and tag them

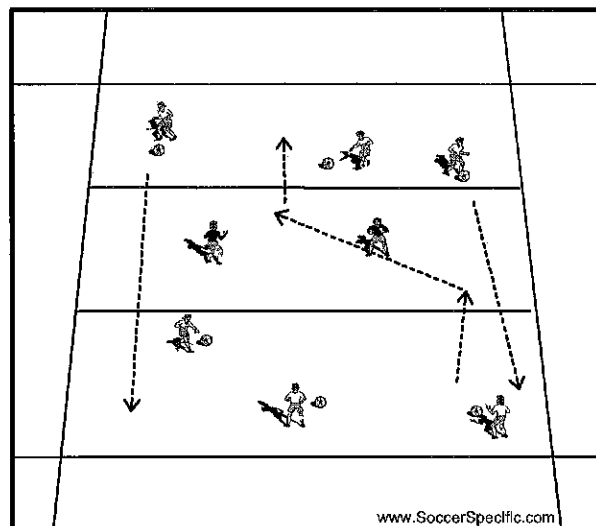
Progress: Add a ball for everyone except Captain freeze to dribble. A player that gets tagged by Capt Freeze must now hold their ball above their head with their legs opens. To unfreeze frozen players, a unfrozen player must dribble thru the legs of the frozen player.

Progress: Capt freeze dribbles a ball as well. Repeat game as above except, now to unfreeze a player, a player must now dribble thru and crawl thru the frozen player

Play for an allotted amount of time, and change the Capt Freeze until everyone has had a opportunity.

Coaching Points:

Change of pace and direction



ACTIVITY #3

Set up: Amazon Dribble

Instructions:

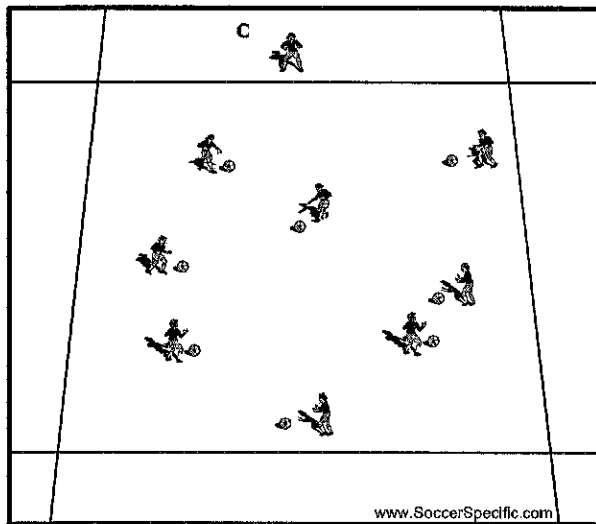
All players with a ball. Set up a area with three zones. The players must dribble from one endzone (rainforest) thru the crocodiles (center zone) safely to the other endzone. Crocodiles must stay in their zone. Play is continuous so players are coming in two directions. If a crocodile eats (steals ball or kicks a players ball out of the grid) that player becomes a crocodile. Play continues until all players have been eaten by the crocodiles

Coaching Points:

Dribbling freedom (Players make own decision dribbling)

Change of speed and direction

Fakes and Feints



ACTIVITY #1

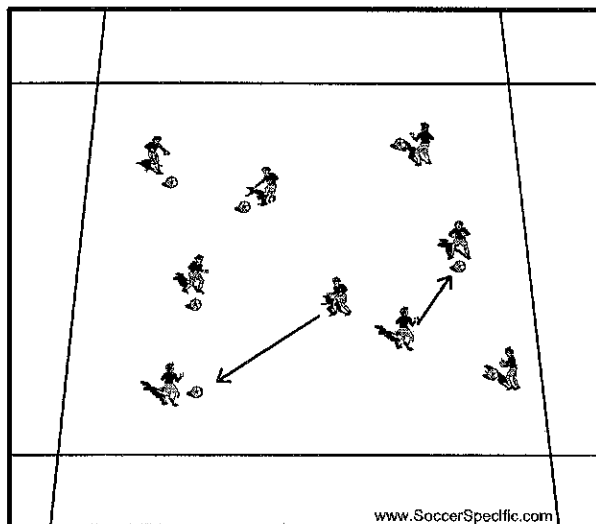
Set up: Body Part Dribble

Instructions:

All players have a ball dribbling inside the grid. The coach calls out a body part and all the players have to stop the ball with that body part. Ex. "elbow" then the players have to stop the ball with their elbow. Repeat using different body parts (head, foot, finger, knee, shin, arm etc..)

Coaching Points:

- Listening
- Coordination



ACTIVITY #2

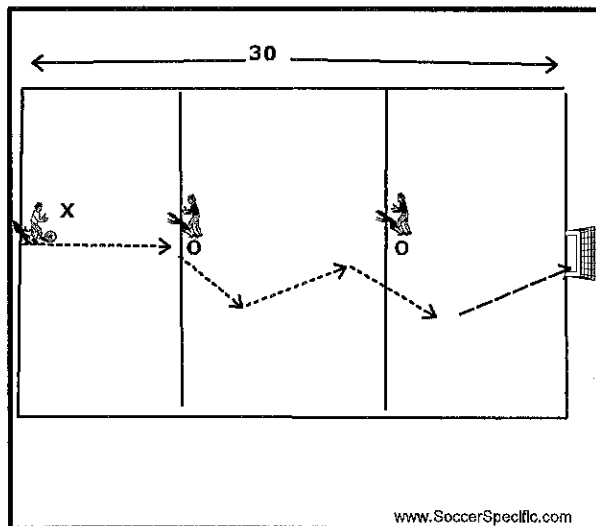
Set up: Bandit Ball

Instructions:

Two to three players are bandits without ball. All other players dribbling in area. Bandits attempt to win a ball off someone dribbling a ball. When a player loses a ball, they become a bandit and must go and try to steal one from someone else. Play for time. Players without a ball at this time get fitness.

Coaching Points:

- Close down quick as bandits
- Transition to attack or defend
- Shielding and escape



ACTIVITY #3

Set up: Gauntlet

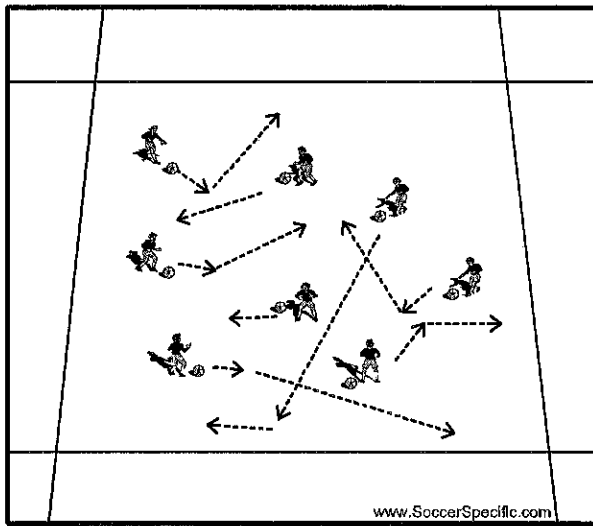
Instructions:

Attacking player (X) must attempt to dribble past both defenders (O) and score on the goal. Defenders attempt to win ball. At first, Defenders can only move laterally on their line. If defender wins ball, attacking player goes back to the start of their line. Progression:

1. If the defenders win the ball, then they can score a point by successful dribbling over the attacking player's end line.
2. Once attacker takes touch into their zone, defenders can come in and try to win the ball
3. If defender wins ball from attacker, Attacker becomes defender and defender dribbles back to start of attacking line

Coaching Points:

- Attacking front foot of defender at speed
- Change of speed, use of feints and moves
- Explode after beating defender



ACTIVITY #1

Set up: Everybody's Is It Tag Game

Instructions:

Play for time (30-45 seconds). On Coaches command, every player tries to tag as many players as possible.(below the head)

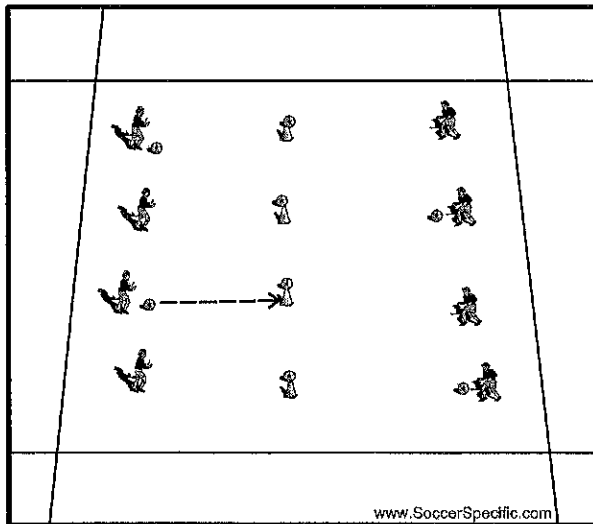
Progress:Add a ball. On coaches command, players are instructed to see how many players they can tag in an allotted amount of time while dribbling their ball

Progress: Instruct players to see how many balls they can touch of the dribbling players

Coaching Points:

Eyes up

Change of speed and direction



ACTIVITY #2

Set up: Cone Knockdown

Instructions:

In Pairs.Players pass/strike their ball and try to hit the cone and knock the ball off for a point

If player knocks ball off cone, they go and put ball up again. The other player gets possession of ball. Keep score. If you tie or lose, you owe 5 martian push ups.

Play for time, increase difficulty by adding distance if needed.

Rotate players so they play different players

Progression:

Hit stationary ball

Take a touch and hit a moving ball

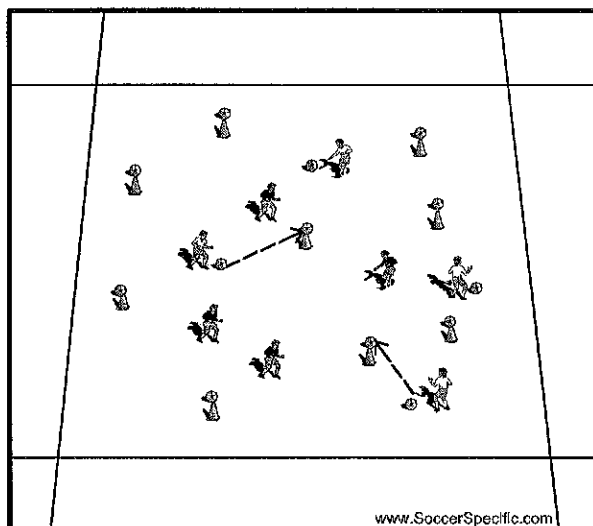
Coaching Points:

Hips square to target

Plant foot pointed at target, hit with instep

Follow thru

Toe up ankle locked



ACTIVITY #3

Set up: Cone Knockdown II

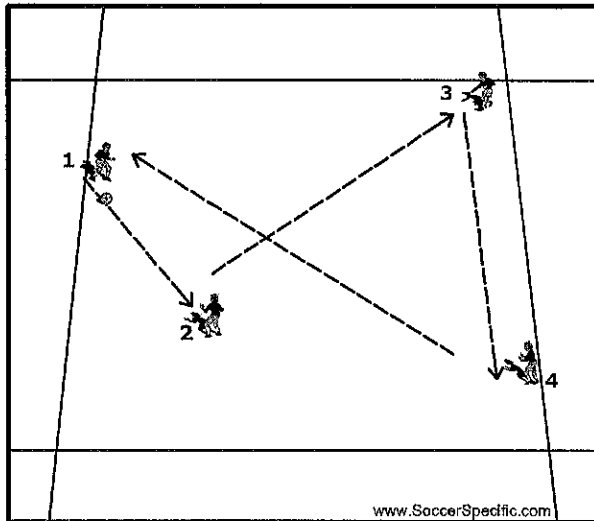
Instructions:

Split group into two teams. Spread Cones around the grid or place a ball on top of each cone. Place at various positions around the grid. The team with the soccer balls attempts to knock the balls off the cones and the other team attempts to stop them by passing their balls out of the grid. If their ball goes out of the grid, they have to do 5 toe touches to get back in. If a cone gets knocked down, they cone is left down . Play for time then switch roles

Coaching Points:

Keep eyes up and attack the best option

Ask players to use inside of their foot to knock balls off cones



ACTIVITY #1

Set up: Numerical Passing

Instructions:

Groups of Four-six players: Play amongst entire group

1. Play to next number 1 to 2, 2 to 3, 3 to 4, 4 to 1

Progress: On "Leave it" from Coach, player in possession of ball leaves ball and next number quickly collects and distributes to their next number

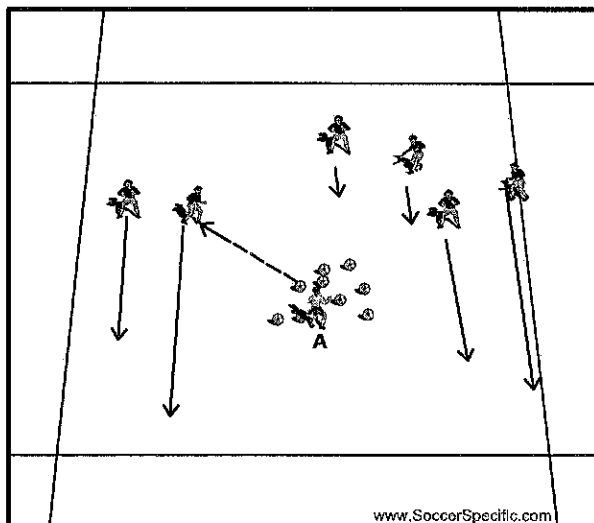
Progress: Competition between groups. Who can play the best in 60 seconds (U8 and up)

Coaching Points:

Pass and Move

Vision, Pace and accuracy of pass

Communication



ACTIVITY #2

Set up: Asteroids

Instructions:

Each player attempts to run from one side of the grid, past the coach (A) and safely to the other side. The coach (Asteriod) will pass balls on the ground and try to hit the legs of the players (must be below knee) If a player is contacted by the ball, that player becomes a asteroid. Play until all players have been contacted

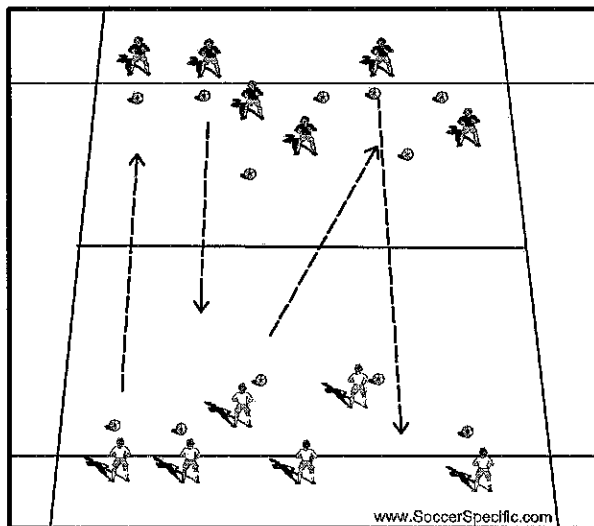
Coaching Points:

20x20 are or needed

Passing accuracy

Decision making

Change of speed and direction



ACTIVITY #3

Set up: Clean Your Yard

Instructions:

Divide group into two equal teams. Each team has the same amount of balls on either side. Players must stay in their half at all times. On command, Players attempt to pass as many soccer balls into their opponents half, while keeping their opponents balls out of their half. After two-three minutes, the coach calls an end to the game and the team with more balls in their opponents half wins

Coaching Points:

Look for space to pass the ball into

Approach ball at angle

Use instep (laces) to strike through the ball

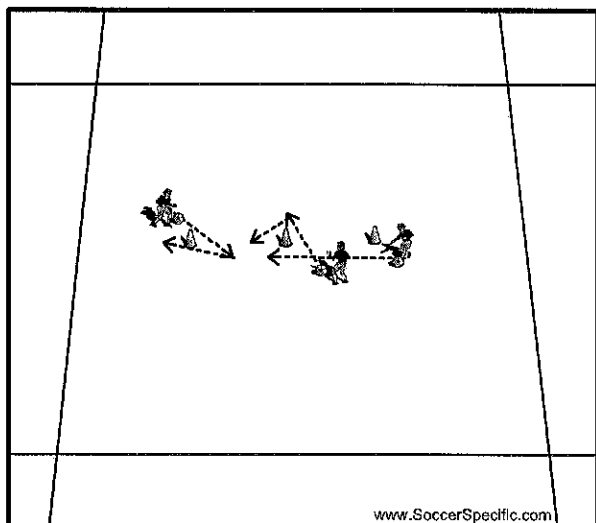
ACTIVITY #1

Set up: UNC Dribbling

Instructions:

Three players work at the same time. Use a variety of dribbling moves and techniques thru and around three cones one yard apart
Inside of foot, instep, outside of foot, sole of foot, foundation, lateral rolls, spins, juggle

Coaching Points: Use all surface areas of foot



ACTIVITY #2

Set up: Individual Technique with ball

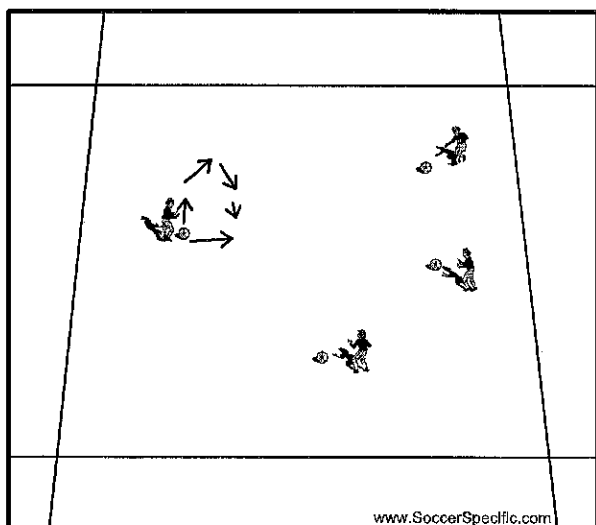
Instructions:

Toss ball up in the air control with foot and explode away

Progression:

1. Toss ball up and block ball into ground with the inside of the foot to the side and explode away
2. Toss ball up and block ball into ground with the outside of the foot to the side and explode away
3. Toss ball and control the ball with the top of the foot then explode away
4. Toss ball and control the ball with the thigh then explode away
5. Toss ball and control the ball with the chest then explode away
6. Toss ball up and control the ball with the head then explode away
7. Toss ball and control the ball with any combination of technique

Coaching Points:



ACTIVITY #3

Set up: Two Sided Goal (1V1)

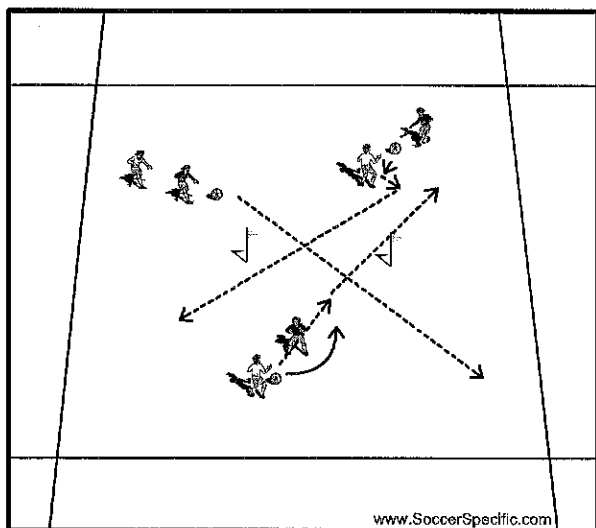
Instructions:

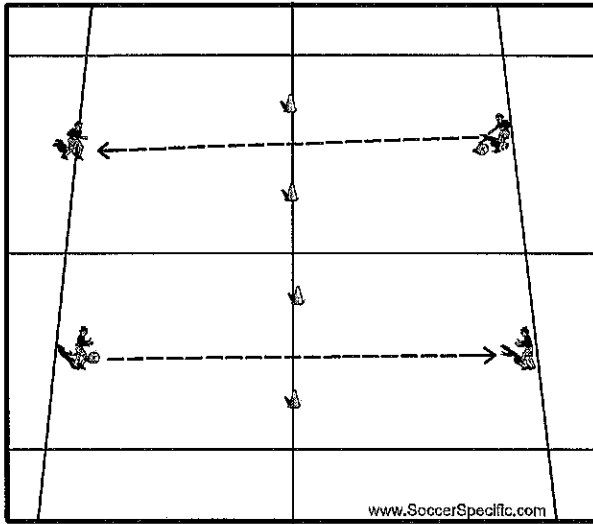
Multiple 1v1 games going on at the same time. To score, a player must beat their opponent on the dribble and score by dribbling thru the large goal. Players can score on either side of the goal. If player without ball steals the ball, they try to score. Play for 30-60 seconds then rotate opponents.

Progress: 3v3 game

Coaching Points:

- Eyes up
- Disguise
- Change of speed and direction
- Use of dribbling moves





ACTIVITY #1

Set up: Unopposed Finishing

Instructions: Players work on finishing technique by playing a stationary ball thru a unopposed goal. Use both feet

Progress: Take a touch and hit a moving ball

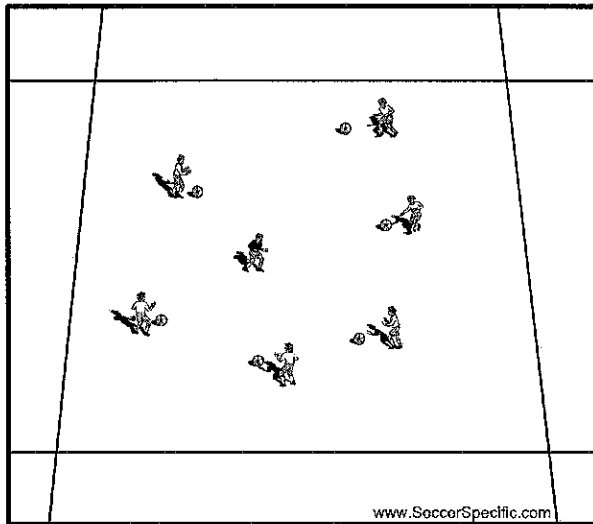
Coaching Points:

Head Still on ball

Plant foot facing target

Hit thru center of the ball

Follow thru



ACTIVITY #2

Set up: Ouch

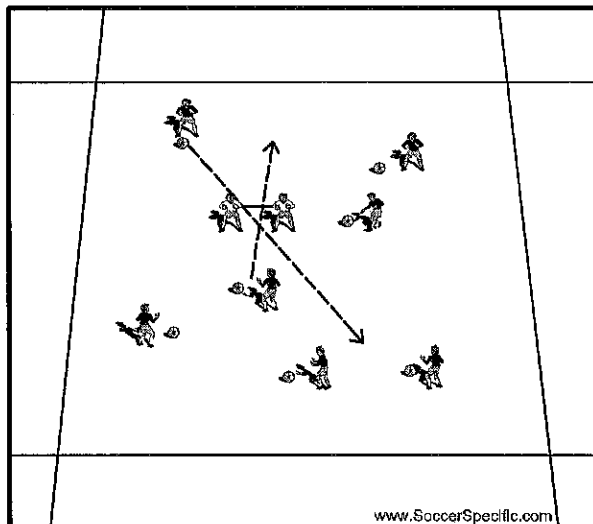
Instructions:

Each player has a ball. The coach/coaches has no ball but moves about the field with the players. Each player tries to hit the coach with his/her ball as often as possible. The coach can stop for 3 seconds, keep moving or tries to dodge all the shots depending on the level of play. . Whenever the coach gets hit, he yells "Ouch!" which makes it more exciting for the players. Each hit scores one point. Who can score the most points in 30-60 seconds?

Progress: Coach walks, jogs and runs. Players have to kick the ball as specified by the coach (laces (instep), inside of foot)

Coaching Points:

Accuracy and technique



ACTIVITY #3

Set up: Moving Goal

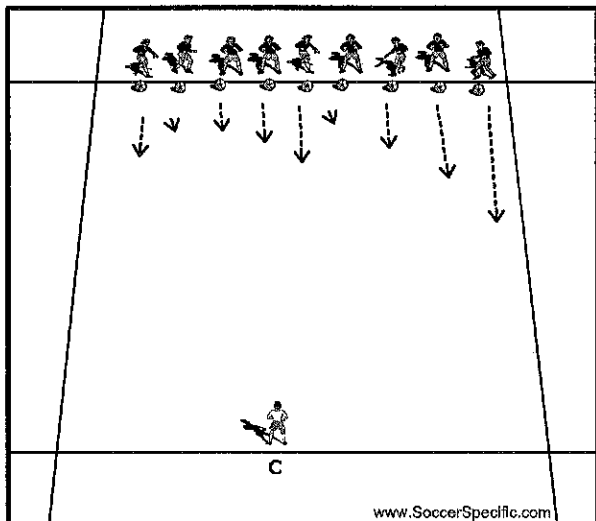
Instructions:

2 coaches hold a pinnie together and form a moving goal for players to shoot on. The coaches walk around the area and the players shoot to score on the goal formed by the coaches

Coaching Points:

Get all shots on target

Score, score, score



ACTIVITY #1

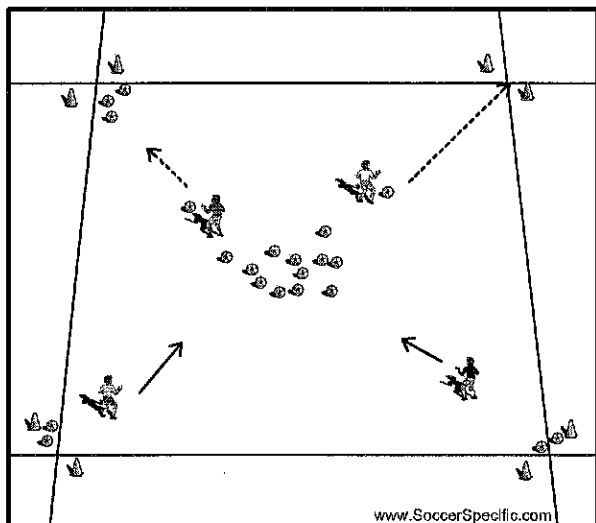
Set up: Red Light, Green Light

Instructions:

Players line up on one side of grid of the 20x20 area (or needed). Coach stands on opposite side of grid. When coach says "green light", players dribble forward trying to get to the other side. When coach says "red light", players need to stop ball immediately. If any player is caught moving, he/she must return back to the beginning and start again. Coach continues to call out "Red light" and "Green Light". First player to make it to the coach wins the game

Coaching Points:

- Decision making
- Keep the ball close or dribble with speed?
- Eyes up,



ACTIVITY #2

Set up: Steal the Bacon

Instructions:

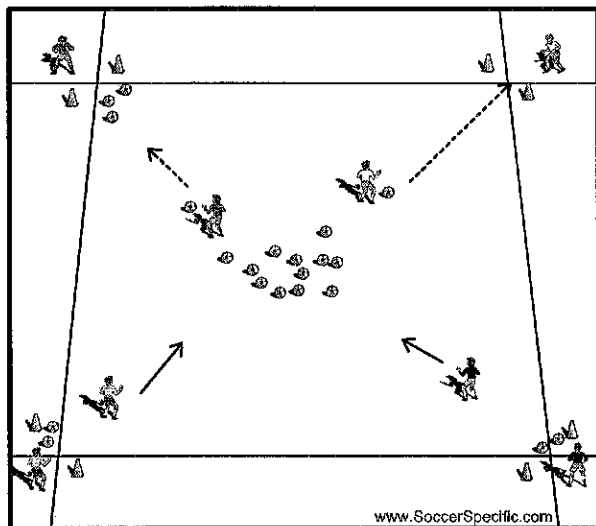
In a 20x20 are or needed, four players play against each other. Each has 60 seconds to collect as many balls as they can using their hands from the middle area and put in their own goal area. When the middle area is empty, collect balls from the other goal areas. After 60 seconds, count balls in each teams corner, then switch to new players for the next game

Progression:

- Players must collect balls and dribble back to their corners
- Players must collect and return balls with a certain foot (ex left foot only, rt foot only, laces (instep) only)

Coaching Points:

- Decision Making
- Speed



ACTIVITY #3

Set up: Steal the Bacon II

Instructions:

In a 20x20 are or needed, 4 teams of two players play against each other. Players run into the middle of the grid, take a soccer ball with their hands then bring it back to their corner. The second player (their partner) then runs out, takes another ball and brings it back. When the middle area is empty, players collect balls from other teams corners. After 60 seconds, count balls in each teams corner, then mix players for the next game

Progression:

- Players must collect balls and dribble back to their corners
- Players must collect and return balls with a certain foot (ex left foot, rt foot, laces only)

Coaching Points:

- Decision Making