



Practice Plan Grades 1 & 2

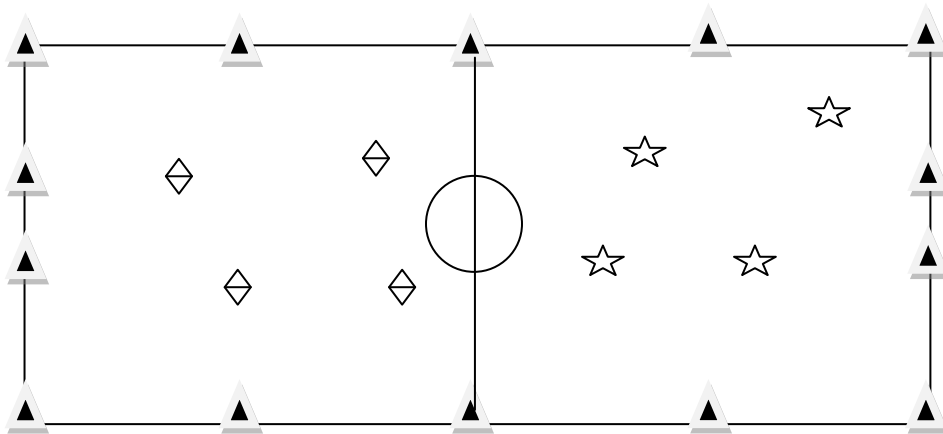
Dribbling

Game

4

Set Up

- Divide players into two equal teams.
- Assign each team a color.
- Layout a field with a small goal at each end.
- Play a fifteen to twenty minute game.



Coaching Points

- Let the players play.
- Passing is OK.
- Praise dribbling.

Progression

- Decrease the size of the goals.