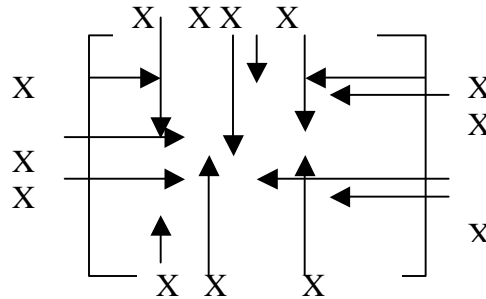


## **CRISSCROSS DRIBBLING**

Organization: Each player with a ball.

Structure: Players line up evenly on every side of the area.

Procedure: At the coach's signal, two groups on opposite sides quickly trade places while dribbling their ball. At the next signal the other two groups switch sides while dribbling their ball.



Coaching: Keep the ball close.  
Head up so you don't run into anyone.  
Use both feet.  
Bend your knees and stay low.

Analysis: Improves dribbling, balance, coordination, and vision.

Options: Right or left foot only.  
Inside of both feet only.  
Outside of feet only.  
Players do a 360-degree turn in the middle of the field.  
Competition to see who can stop their ball on the opposite line first.

---

## **SOCCER GOLF**

Organization: One ball per player.

Structure: Select several objects around your facility and number them as holes on a golf course. You can designate goal posts, side netting, flags, center circles, bleachers, telephone poles, the goal, trees, etc. as holes.

Procedure: After a demonstration of the course, players proceed on after another through the course. Each touch of the ball counts as a stroke. You could establish par for the course. Players keep their own scores.

Coaching: Keep your head up to see the leader.  
Keep the ball close.

Analysis: Improves passing accuracy.

Warning: Watch for kids getting hit in the back when they are retrieving their ball.