

PLANETS

Organization: One ball per player with players lined up behind the coach.

Structure: Large open space for maximum opportunity to move.

Procedure: Each player, in turn, hands their ball to the coach and tells them which planet to kick it too. The coach punts it up to Venus and the player runs after it and traps it after the fewest number of bounces. The player then dribbles back to the end of the line.

Coaching: Keep your eye on the ball.
Use the correct surface of the body.
Get in the line of the path of the ball.
Cussion the ball as it makes contact with your body.

Analysis: Improves trapping.