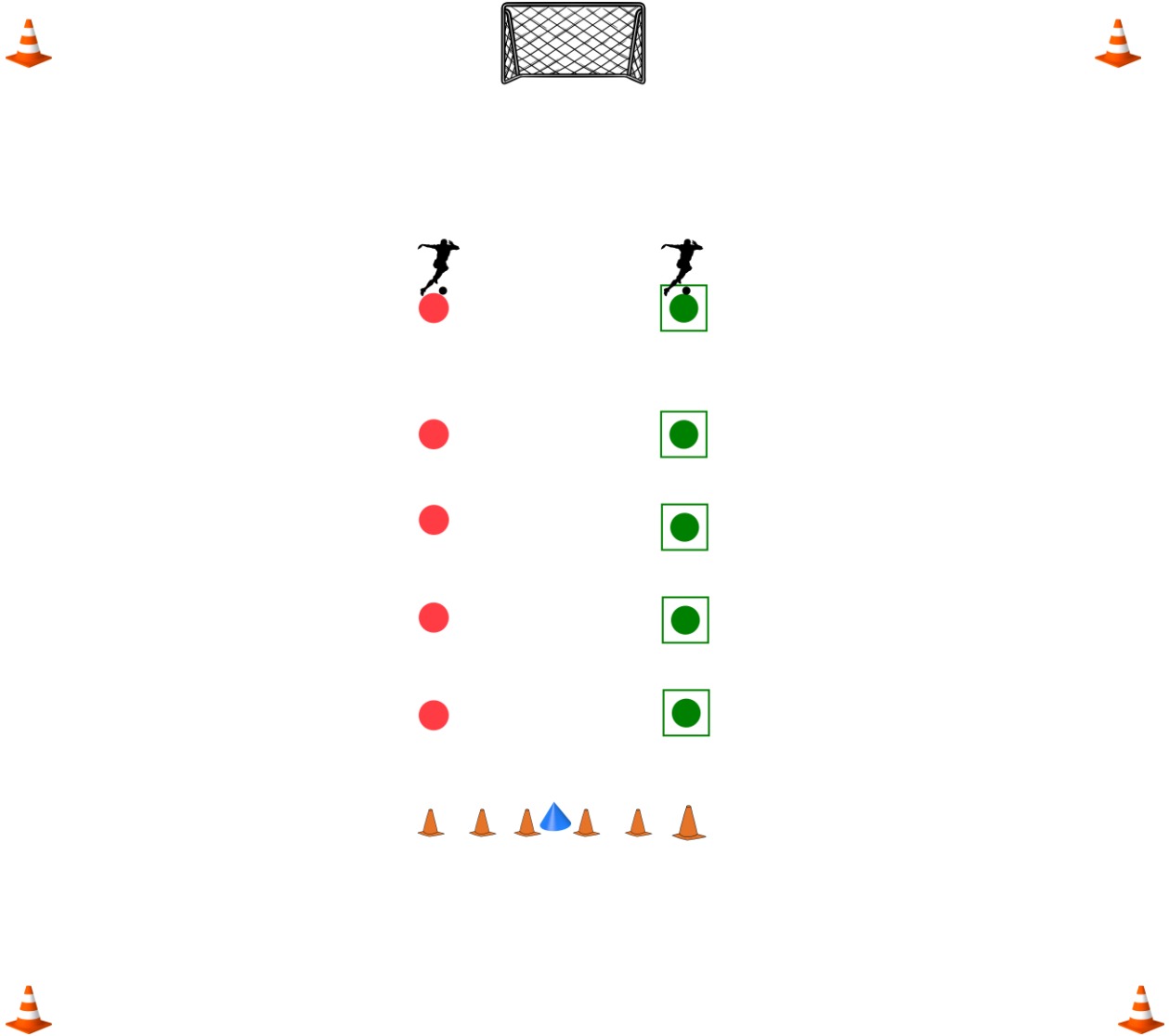


Move It, Move It Soccer



Purpose; Dribble/ Foot Trap/ Lace Kick

Equipment; Colored Spots, Cones, Goal Nets

Set Up; Create two vertical lines separate from each other. Make another line of cones behind both teams. Make sure to include a different colored cone that will be your moving cone when teams are scoring

Execution;

- Have kids line up in their teams
- First player from each team grabs their ball and dribbles to shooting spot
- Player gets one shot to shoot from shooting spot.
- If player scores, coach moves the colored cone closer towards their team.
- Player must dribble the ball back to their team as fast as they can and pass it to the next player in line
- Players from each team must score consecutively without missing until colored cone reaches their side for a complete win
- *Over time you can move the spot farther back to challenge them more if they finish quickly or have them do a special soccer move kick (scissor, toe(lift) kick, etc)