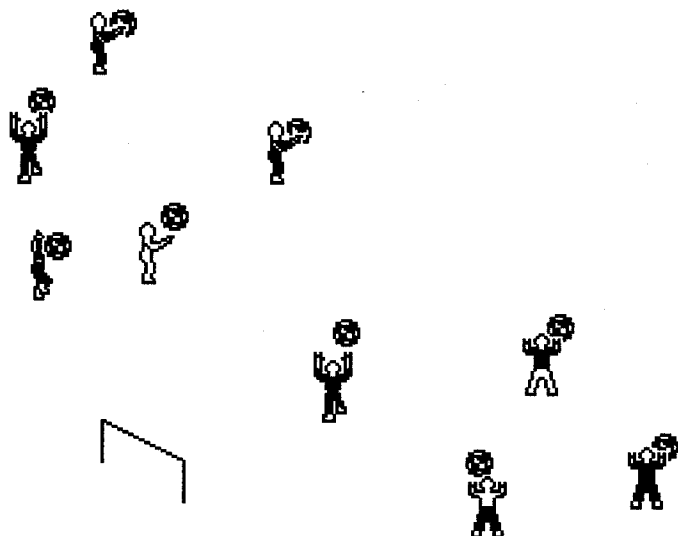


**FIRST ONE WINS****By Tom Fleck****coach****FIRST ONE WINS**

Implications for soccer - audible awareness, physical speed, dribbling with speed.

Objective - Getting to a designated target as fast as possible, at first without the ball.

The activity begins with all players holding the ball on their head with EYES CLOSED.

Once the coach has moved quietly to a place away from the group, he extends one arm out to the side and shouts a starting comand. At this point, the players open their eyes as they drop their ball and run as fast as they can to be first to touch the coach's hand. Once the players have the idea, introduce dribbling to the coach. The players must be under control when they get the coach. To heighten intensity and sharpen player's dribbling, the coach should move about the area and have the players try to catch him.