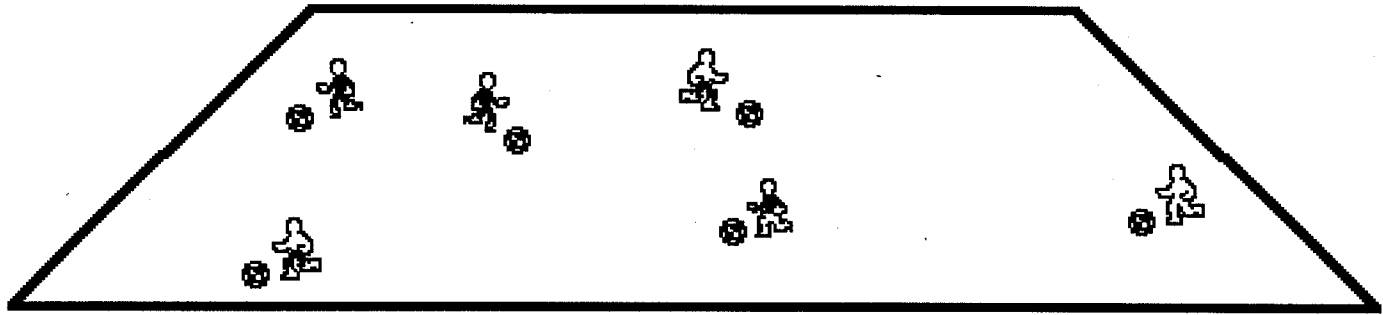


NUMBER TOUCHES



NUMBER TOUCHES

Warm-up or -down activity.

Each player has a ball. Coach calls out a number, "25", the players must get that number of touches (dribbles) as fast as possible.

COACHING POINTS:

1. Encourage players to keep eyes up.
2. Encourage small steps and fast footwork.
3. Make sure players keep moving.
4. Encourage changes of direction.
5. Encourage touches with all and different parts of the foot.

TRY THESE VARIATIONS:

1. Only use right foot, left.
2. Only use inside of foot.
3. Only use outside of foot.