

FRUIT SALAD

STAGES COVERED BY ACTIVITY

Stages 2 & 3- 6-11 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling and turns.

Competencies:

- + Physical literacy skills.
- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.

WHY USE IT

This activity is designed to get players to dribble with their head up and also use different surfaces of the foot to dribble.

SET UP

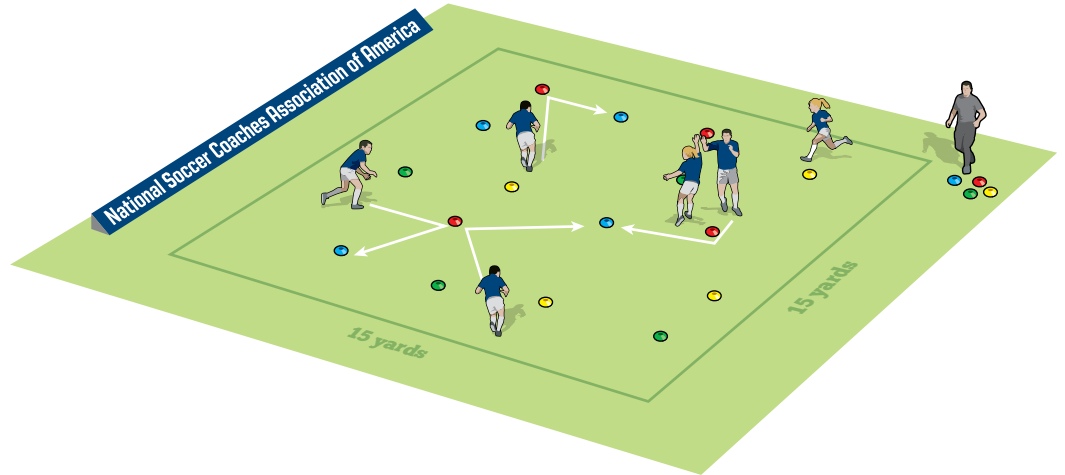
15x15 playing area marked with cones in the corners. There are 16 cones scattered throughout the grid. The cones are yellow, red, orange, and purple. Each of the 12 players will need a ball for the second phase. The coach also has one cone of each color in her hand.

HOW TO PLAY

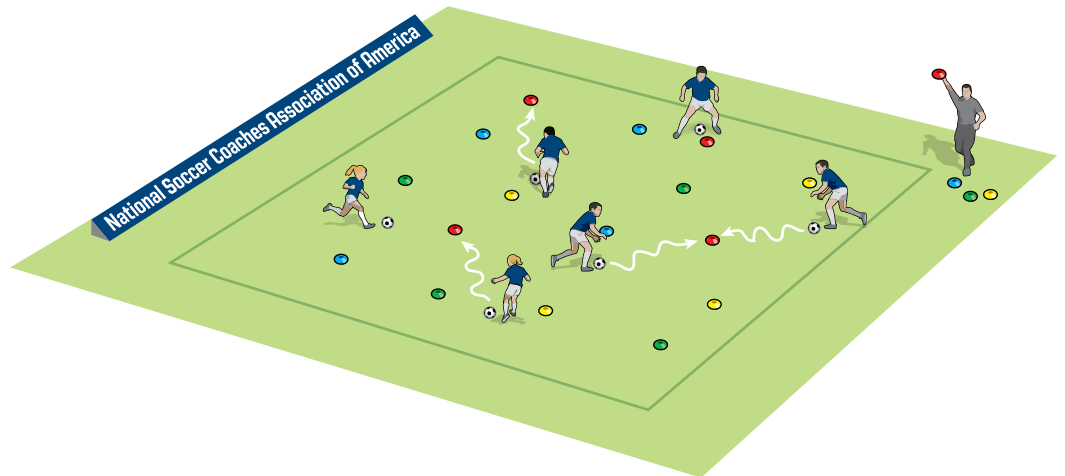
Players start out performing different movements between the cones as a warm-up. Players then must dribble inside the grid and avoid the cones. The coach will hold a cone up and have the players call out a fruit of that color. The players will progress from dribbling with different surfaces to performing stationary moves at a cone to moves to beat a player.

COACHING NOTES

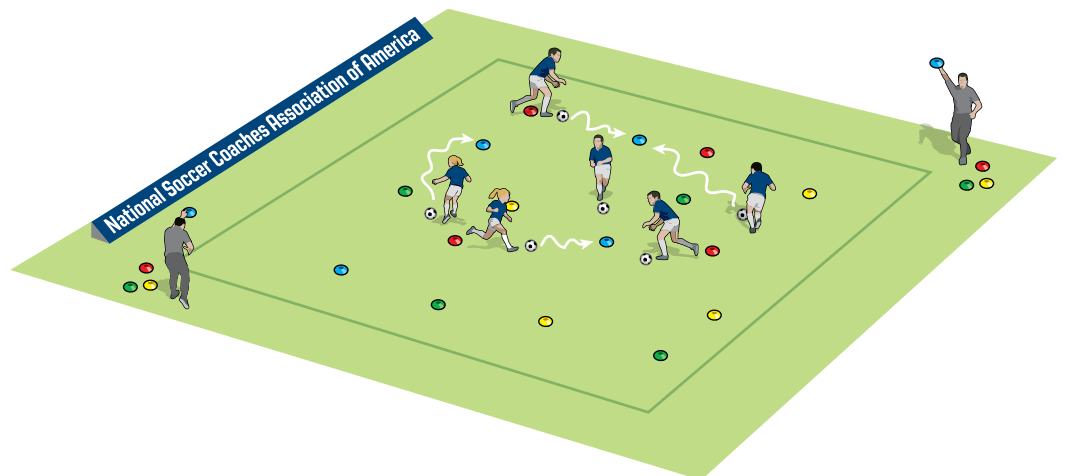
- + Main coaching objectives – develop player’s vision and comfort on the ball.
- + Coaching tips – you can make the space smaller to make it more difficult for players or enlarge the grid to make it easier.
- + Adaptations – have another coach or parent also hold up cones so players have more than one person to look out for while dribbling.



- + Coach calls out a movement for players to perform.
- + Coach can ask players to give “high fives” to teammates.



- + When the coach raises a cone the players have to call out a fruit of that color.
- + Payers dribble to a cone and perform 6 reps of a stationary move, i.e. toe touches.



- + Players now accelerate to the cone.
- + Have a coach or parent also hold up cones.

