

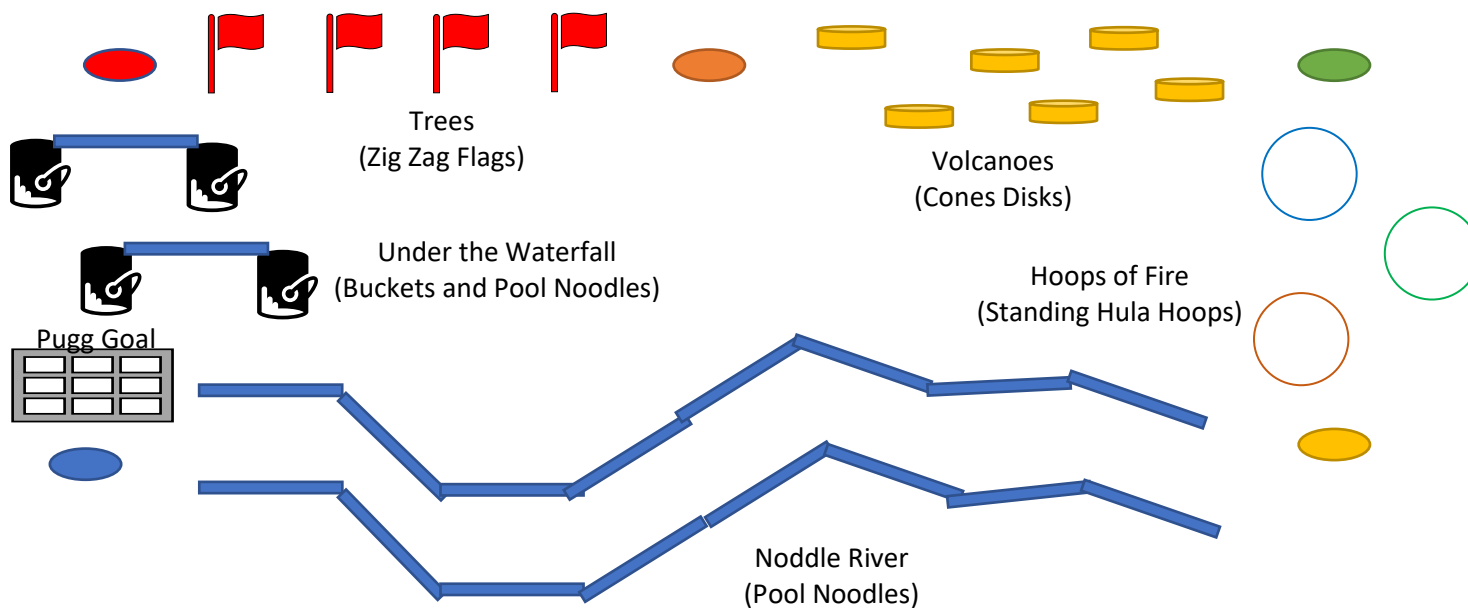
### DRIBBLING OBSTACLE COUSE

Purpose: Dribbling

Equipment: Standing Hula Hoops, Zig Zag Flags, Pool Noodles, Cone Disks, Lrg Buckets, Soccer Net, Foam Javelin

Set Up: Create a large Rectangle made up of 5 stations. Put a colored spot down to mark each station. See Diagram Below:

- Down the River (Pool Noodles)
- Through the Hoops of Fire (Standing Hula Hoops)
- Around the Volcanoes (Cones Disks)
- Zig Zag through the Trees (Corner Flags)
- Under the Waterfalls (Javelin Supported by Lrg Buckets)
- Score a Goal (Pugg Goal)



Execution:

- Have all players start behind coach at the First Station
- Each child should have a Soccer Ball
- Practice going through one station at a time, keeping the ball with them through the obstacles (no hands)
- After all of the kids have gone through the obstacle course 1 station at a time, now have them go through the entire course without stopping. One at a time, send the next child when the first gets halfway down the river.