	Skill Level	Skill Focus	Age Groups
	Beginner	Ball Control	U5/U6 U8

Title: Simon Says **Duration**: 10-15 minutes

Setup: 15x15 yards (bigger if needed)

Description: Have the players dribble around the area and coach says something like "Simon Says, sit on your ball"

Coaching Points:

- Tick Tocks (pass the ball between your feet)
- Toe Taps (tap each foot on top of the ball, switching feet)

Keep it Fun:

- Put your head on the ball