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

Title: Squirrels in the Winter **Duration:** 10-15-minutes

Setup: 15' x 15' bigger if needed

Description: Place the balls in the center of the area with two goals at either end. Split the players up into two teams at opposite ends of the area. When the coach gives the signal 1 player from each team runs to get the a ball and put it in their “nest.” Once the player gets the ball another player from their team can go get a ball. The team with the most balls wins.

Coaching Points:

- Play fast and pay attention to your teammate.
- Stay in control of he ball
- Shoot the ball from distance

Progressions:

- Allow one member from the each team to try and still the balls from the other team.