

# Impact Rec Sessions

## Additional Practices

Bunny Hop - <http://www.youtube.com/watch?v=wONwB0byQ0s&feature=related>

Allows players to move with the ball, in a competitive environment, encourage players to use the space, staying away from pressure and keeping their head up

Shadow Dribbling - [http://www.youtube.com/watch?v=nG6gdwUoe\\_Y&feature=related](http://www.youtube.com/watch?v=nG6gdwUoe_Y&feature=related)

Allows players to work on their dribbling moving quickly, keeping their head up and keeping the ball close. Also changes of direction by the introduction of different turns

Red Light, Green Light - <http://www.youtube.com/watch?v=5TijmIGxTG4&feature=related>

Introduction of different dribbling speeds, keeping the ball close and listening to direction from the coach when moving with the ball

Hit the Coach - <http://www.youtube.com/watch?v=BilRgwXqqA&feature=related>

Aimed at younger children, children are encouraged to dribble the ball and hit to coach, gives them a fun target to hit

Team Movement Tag - <http://www.youtube.com/watch?v=Sg1cg-bYTXE&feature=related>

Players are encouraged to move around encouraging spatial awareness and co-ordination

Side to Side Dribbling - [http://www.youtube.com/watch?v=Y\\_2iASPUAUc&feature=related](http://www.youtube.com/watch?v=Y_2iASPUAUc&feature=related)

Encourage players to change direction, keeping their head up and keeping the ball close, as well as making sure they are moving quickly from side to side

Gates - <http://www.youtube.com/watch?v=G0Hal8w5Odw&feature=related>

Encourage players to dribble through gates at speed, however the pressure is making sure they go through the gates maintaining speed and composure with the ball at their feet

<http://www.youtube.com/watch?v=w3RaGq66ebM&feature=related>

Keeping the ball close, changes of direction and also introduction to short pass

Blob - <http://www.youtube.com/watch?v=OS1i1mBLp0U&feature=related>

Allows players to move with the ball, in a competitive environment, encourage players to use the space, staying away from pressure and keeping their head up

Paint the Field - <http://www.youtube.com/watch?v=kc9nMQDbJSc&feature=related>

Use of space, keeping their head up, keeping ball close and move quickly with ball at feet.