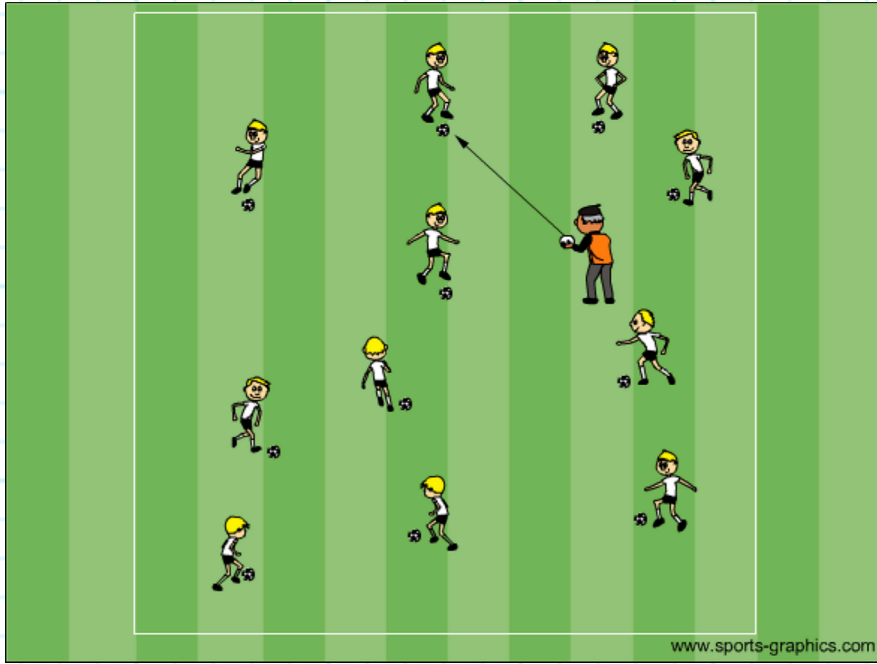




NEW MEXICO  
SOCCER ACADEMY

Date:  
Topic: Dribbling, Bonk Ball  
Theme/Stage:  
Level: U5/U6  
Coach:

Week:  
Duration:  
Extra Equip:



**Set Up:** All players in a grid with a ball each. Coach has a ball in his hands. Coach tries to throw his or her ball at the player's balls as they try to hide or protect theirs. If Coach hits the ball, (a bonk) the player gets the ball they had and joins the coach being one of the "Bonkers". Last one still dribbling is the winner.

Web Link for video:

Coaching Points/ Questions

**Technical:**

What kinds of things can you do so your ball wont be hit?

**Tactical:**

**Psychosocial:**

**Physical:**

To Adjust Difficulty:

Change grid size.

Multiple 'Bonkers to start'

Use mini balls

Notes: