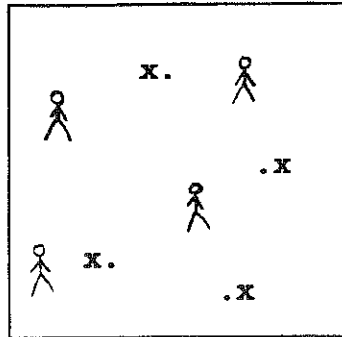


### GAME 3: NUTMEG

CAN BE USED AS A WARM-UP



x - Dribbler

⚧ - Player (or Parents)  
stand with legs open

**OBJECTIVE:** Improve dribbling and changing direction with heads up.

**ORGANIZATION:** Half the players with one ball each. The other half stand in grid with legs open. Players with the ball dribble in this grid and 'NUTMEG' as many players as possible in 30-60 seconds (push the ball between standing player's legs). Cannot nutmeg the same player in succession.

Rotate roles

**VARIATION:** Add a defender who tries to take the ball away from any of the dribblers. Dribbler who loses the ball becomes the new defender.

**Note:** If parents are available, use them to stand in grid with legs open. Parents can also have a turn at dribbling in order to see for themselves that soccer is not as easy as it looks.