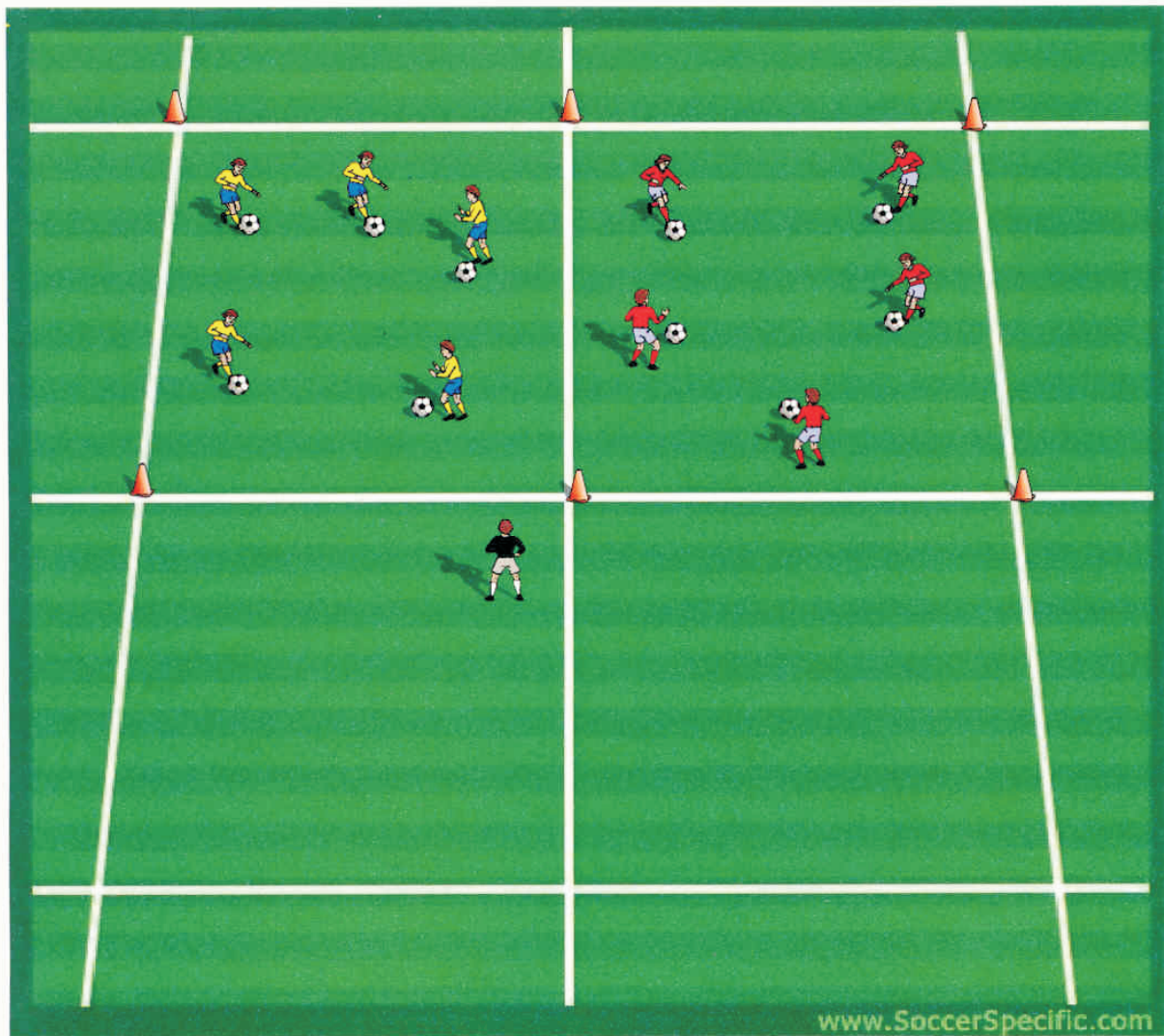


## Look Up and Listen



**Purpose:** To challenge the players to think ahead while also focusing on soccer skill

### Organization

1. Divide the groups into two 15x15 areas
2. One team wears scrimmage vests to separate the two teams
3. Players dribble the ball in their own separate areas
4. When coach raises one hand in the air, players must change their speed and dribble fast like a tiger
5. When coach raises two hands, players must swap grids
6. When coach calls out problems to solve the players must do as they are told, for example, when the coach calls out three plus one, the players must get into groups of four

### Coaching Points

1. Keep the ball close
2. Use both feet to dribble with
3. Keep the head up to see what the coach will do next and to look for the space