

ACTIVITY #1

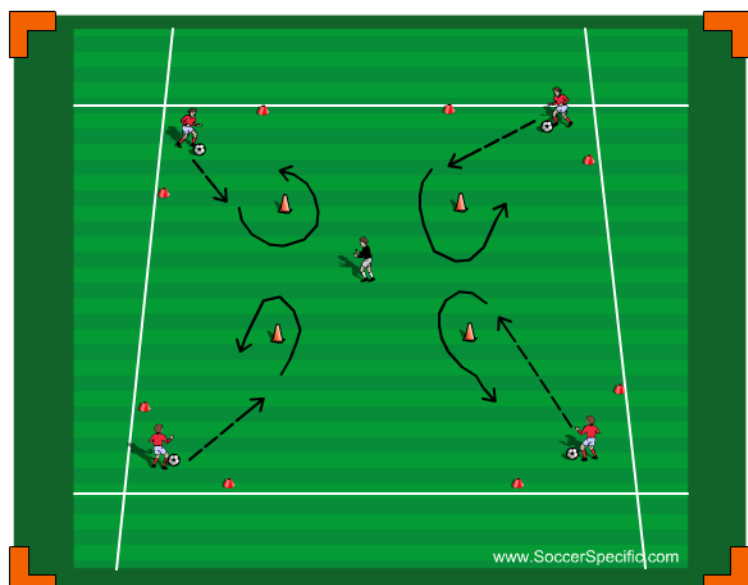
Set up: 15 x 20 area. All players with a ball, two designated players hold a ball in their hands all the rest with the ball at their feet

Instructions: All players with a ball at their feet dribble around and attempt to avoid 'it' players. The 'it' players hold a ball in their hands and tag a player by touching the ball against their back (may not throw the ball). When a player is tagged the players switch roles. Game lasts for 2 minutes after 2 minutes all dribblers receive a point.

Progressions: 1) It player may tag dribbler anywhere 2) Create safe zones in the corner of the grid dribbler may enter there for 5 seconds and be safe, only 1 dribbler may be in safe zone at one time

Coaching Points:

Keep ball close
Head up look for it player
Change direction



ACTIVITY #2

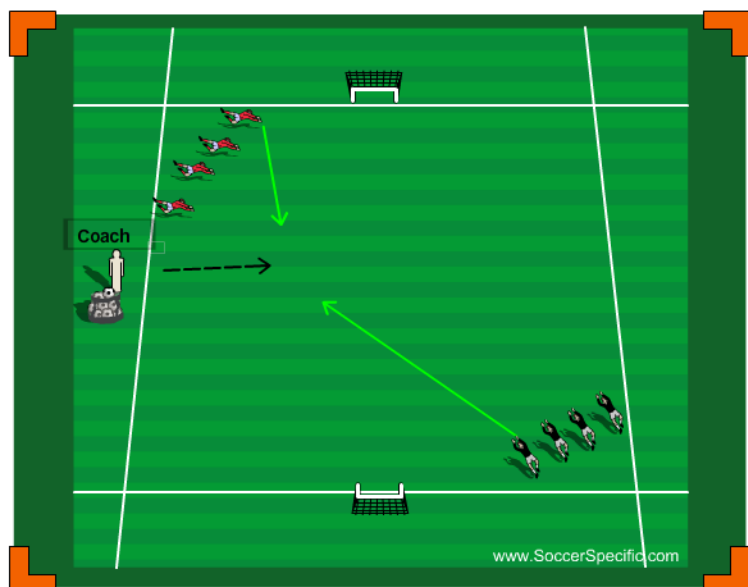
Set up: 15 x 20, 1 square (castle) in middle with a defender in. All other players in corner (home) with a ball

Instructions: All players receive a point when they dribble around cone (castle) and get it home. Defender receives a point if they win ball away from attacker. Switch roles after 1 minute.

Progressions: 1) Player must go to furthest cone from home 2) Add a second defender in the middle 3) If defender wins ball they must play to the coach for a point

Coaching Points:

Change of pace (when defender is on far side of grid go quicker)
Sharp turns around castle be dynamic (nice and low)
Protect ball when defender is near



ACTIVITY #3

Set up: Finishing game - 15 x 20, all players lie on stomach in opposite corners. Each player has been given a number to match a number in opposite corner (1, 2, 3 & 4 for each team)

Instructions: Coach call out a number (1) and the two 1's come out and play 1 v 1 and attempt to score on opposition goal. Game continues until a goal is scored or the ball goes out of play.

Progressions: 1) Coach may call out 2 numbers at once players play 2 v 2 or 3 v 3

Coaching Points:

First touch away from pressure and towards target if you can
Change direction
Change pace