

ACTIVITY #1

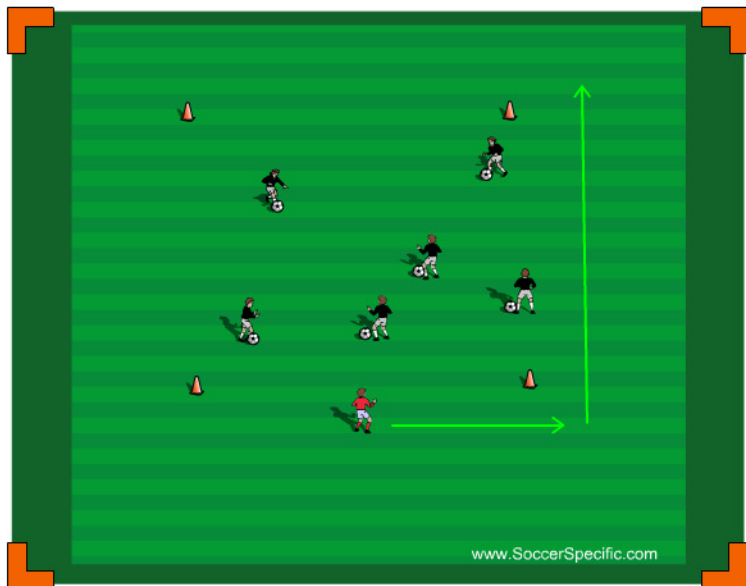
Set up: 15 x 20 grid with all players with a ball except designated 'crab' in middle of grid

Instructions: Players attempt to dribble ball past crab (on coaches cue) and get to the other side of the grid. The player in the middle attempts to get a touch on the ball but must move like a crab. (hands and feet only off bottom). If the crab touches the runners ball then that player also is a crab. Game continues until all runners are crabs.

Progressions: 1) Start with multiple crabs 2) Crab must win ball to get help.

Coaching Points:

- Every step is a touch of the ball
- Change direction
- Change speed



ACTIVITY #2

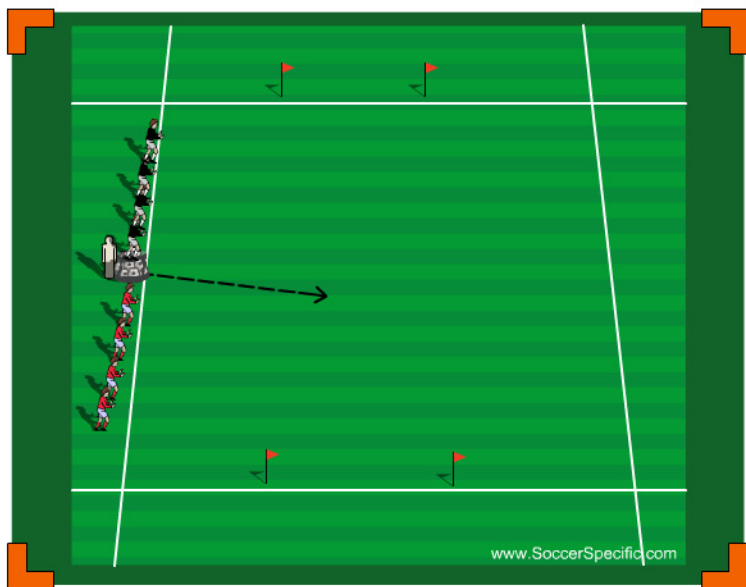
Set up: 20 x 20 area, every player with a ball

Instructions: Bandit Ball - One player moves around the grid and when coach calls out 'here comes the bandit' that player comes into the grid and attempts to steal a players ball. If a players ball is stolen (must be stolen and not just kicked away) the player whos ball is stolen must then jog around the grid and the sequence continues.

Progressions: 1) One bandit may stay and continue to steal balls (those players must do toe taps or quick feet and may re-enter) 2) Team competition after stealing balls may be collected in a home base

Coaching Points:

- Keep ball close
- Keep body between ball and opponent
- Move away from defenders



ACTIVITY #3

Set up: 15 x 20 grid with 4 yard goals on end. All players stand beside coach in their teams

Instructions: Coach plays a ball in and first player from each team comes out and tries to score on opposite goal. If a goal is scored or the ball goes out of play coach yells 'GET OUTTA HERE' those players immediately leave the grid two new players come in after the ball is served. (good idea to have parent help on this to keep organised and flowing)

Progressions: 1) 2 v 2 (2 players from each side come out) 2) 3 v 3 (3) 4 v 4

Coaching Points:

- React first
- Change direction
- Go at the defender