

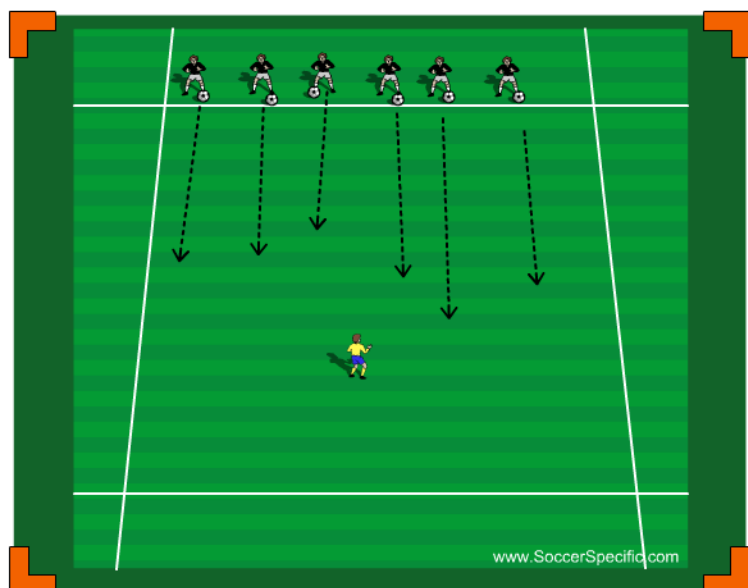
ACTIVITY #1

Set up: 15 x 20 grid, cones laid out randomly throughout grid, ensure there are more cones than players

Instructions: Players dribble around area and do the following on the coach's cue:

- 1) Stop
- 2) Go
- 3) Turn
- 4) Cone (on cue players run to a cone)
- 5) Switch (on cue all players switch balls with each other)
- 6) quick feet (player taps ball with inside of feet)

Coaching Points: Keep ball close
Every step is a touch of the ball



ACTIVITY #2

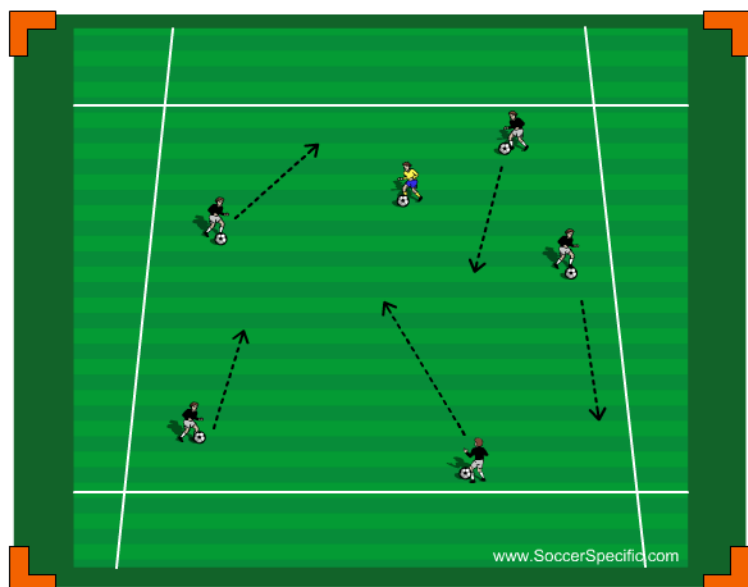
Set up: 15 x 20 grid with all players with a ball except coach' in middle of grid

Instructions: Coach with back turned to players calls out green light and that is the cue for the players to begin dribbling towards coach. When coach calls out red light and turns around players must immediately stop the ball where they are without the coach catching them moving. If a player is still moving coach sends them back to the beginning. This continues until all players are past coach and to the other side of the grid

Progressions: 1) Coach holds up red or green bib instead of calling out loud

Coaching Points:

Every step is a touch of the ball
Keep ball close
Head up



ACTIVITY #3

Set up: 15 x 20 grid every player with a ball. One player wears a pinnie and is 'it'.

Instructions: All players jog around with a ball inside area. Player in different coloured pinnie is 'it' and attempts to tag players. Once a player is tagged they must freeze with legs open. One of the other players can come along and pass their ball through the frozen player's legs and then that player is free to move around area once again.

Progressions: 1) 'It' player does not have a ball 2) TV tag player can call out TV show and then is safe from being tagged for that moment 3) Teams (first team to tag all their opponents wins)

Coaching Points:

Keep ball close
Head up look for 'it' player
Change direction