

### ACTIVITY #1

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

**Instructions:** Octopus. Players attempt to dribble past player and to other end. Game always starts with octopus saying 'go' If a players ball gets knocked out of grid that player must sit down on the ground and attempt to knock balls out from a seated position. Game continue until all players are caught.

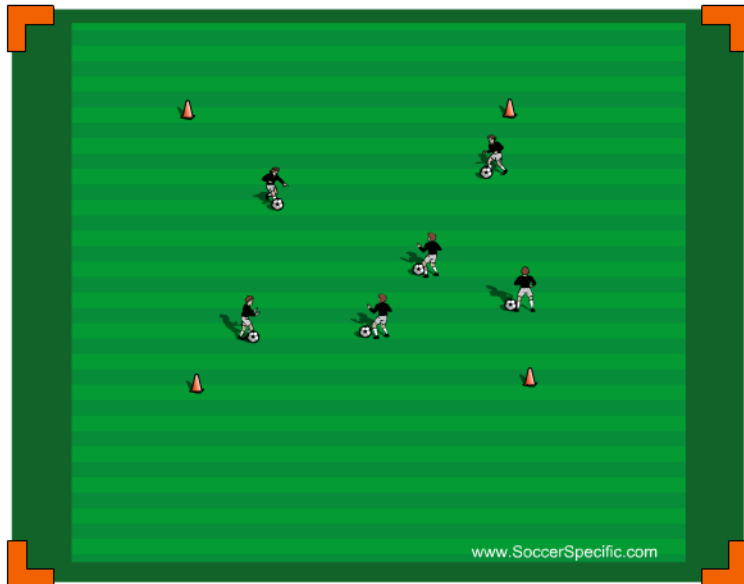
**Progressions:** 1) When a player is caught they must link arms with the octopus to catch other players

**Coaching Points:**

Change pace

Change direction

Long touches under control away from defender



### ACTIVITY #2

**Set up:** 15 x 20 area, every player with a ball

**Instructions:** King/Queen of the Ring - Players attempt to keep possession of their own ball while attempting to kick an opponents ball out of the grid. If a players ball gets kicked out they must come to the coach and do a skill to get back in the game (5 toe taps, quick feet etc..)

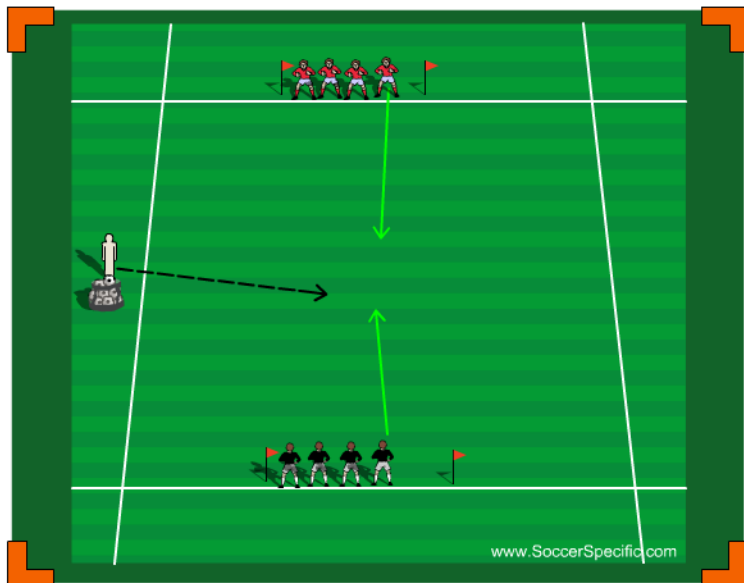
**Progressions:** 1) Two teams see who can play opponents balls out first 2) Last player standing 3) Coach vs everyone

**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 are assigned a number and stand in between the posts

**Instructions:** Coach calls out a number and the two players who are that number come out and try to score on opposite goal to where they came from. The players who are standing in the goal may act as goalkeepers but may NOT use their hands. Goals may only be scored below waist

**Coaching Points:**

React first

Change direction

Go at the defender