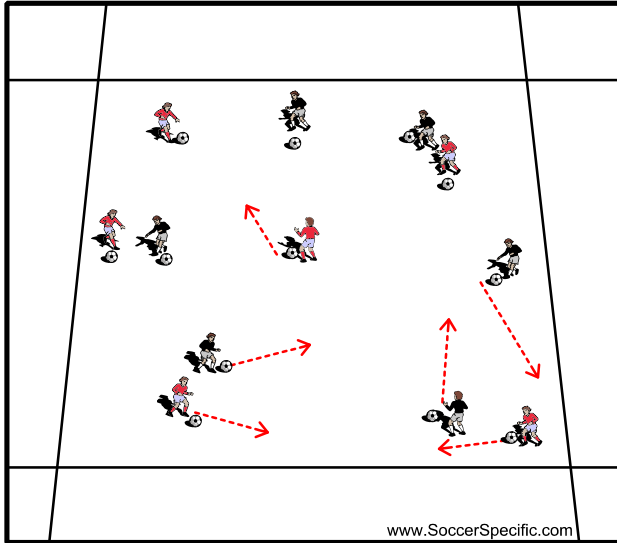


ACTIVITY #1

Set up: 20X20 GRID, HALF PLAYERS RED, HALF BLACK EACH WITH BALL 5 MINS

Instructions: WARM-UP 1 DRIBBLE FREELY TO WARM UP AND DEVELOP FLEXIBILITY, SHOW MOVES!

Coaching Points: ENCOURAGE FINDING SPACE

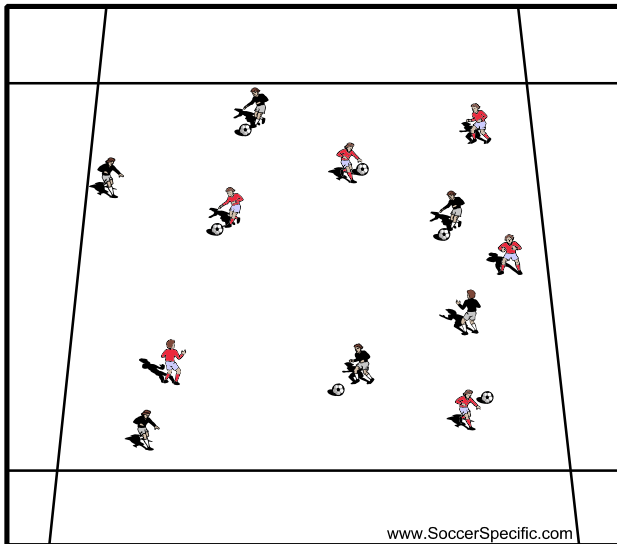


ACTIVITY #2

Set up: 20X20 GRID PLAYERS IN PAIRS WITH A BALL BETWEEN 2 5MINS

Instructions: WARM-UP PROGRESSION; PLAYERS PASS AND MOVE IN PAIRS; COACH ASKS CAN YOU? 1) GIVE N GO 2) OVERLAP 3) TAKEOVER

Coaching Points: EXPLAIN THE 3 SITUATIONS AS NEEDED

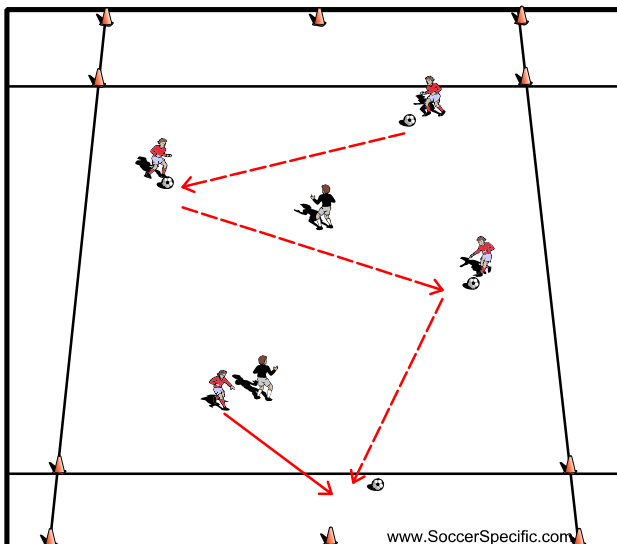


ACTIVITY #3

Set up: 20X20 GRID WITH 3 YD END ZONES, 4V2 5MINS

Instructions: TEAMS CAN SCORE BY GETTING BALL IN TO EITHER END ZONE BY DRIBBLING OR PASSING BUT OFFSIDE IS IN EFFECT IN END ZONE.

Coaching Points: GAME SHOULD ENCOURAGE COMMUNICATION OF NUMBERS UP TEAM IT SHOULD ALSO ENCOURAGE ATTACKING SPACE, COMBINATION PLAY AND OFF THE BALL MOVEMENT



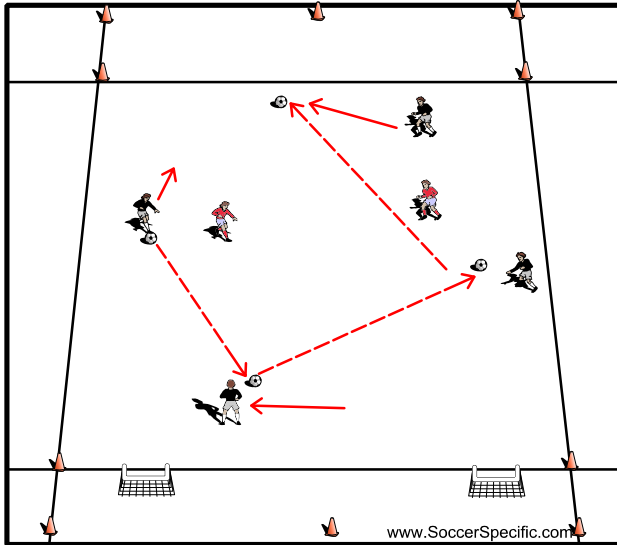
ACTIVITY #4

Set up: 2 GRIDS OF 20X20 WITH 2 PUGGS AT ONE END, 3YD END ZONE AT OTHER; 4V2 FOR REDS IN ONE GRID, 4V2 FOR BLACKS IN OTHER 15MINS

Instructions: 4 BLACKS COMBINE TO SCORE BY DRIBBLING OR PASSING TO TEAMMATE ENTERING END ZONE, OFFSIDE IN EFFECT (CANNOT ENTER ENDZONE WITHOUT BALL OR BEFORE BALL IS PASSED) SCORE 1 FOR DRIBBLING IN, 3 FOR PASSING IN! REDS TRY TO SCORE IN PUGGS QUICKLY. 2 PLAYERS SWITCH GRIDS EVERY 5 MINS. TEAM OF 2 ENCOURAGED TO PRESS AND NOT DEFEND ON LINE OF END ZONE.

KEEP SCORE OF COMBINED BLACK TEAM, RED TEAM, 1 GOAL FOR SCORING IN END ZONE 1 FOR PUGG.

Coaching Points: 4 PLAYERS NEED TO STRETCH THE 2 PLAYERS OUT, WIDTH/DEPTH OF THE 4. RED TEAM NEEDS TO BE DECISIVE WITH BALL DUE TO



ACTIVITY #5

Set up: 35X35 GRID 4 GOAL MULTI-DIRECTIONAL GAME SUBS IN CORNERS WITH BALLS 20 MINS

Instructions: TEAMS COMPETE AND CAN SCORE IN EITHER GOAL, SUB 2 AT A TIME OFTEN AND ENCOURAGE FAST PACE FUN GAME; KEEP SCORE

Coaching Points: GAME ENCOURAGES SHOOTING ON SEEING OPEN GOAL, TEAMWORK, TURNING AND ALMOST ALL ASPECTS OF THE GAME!

