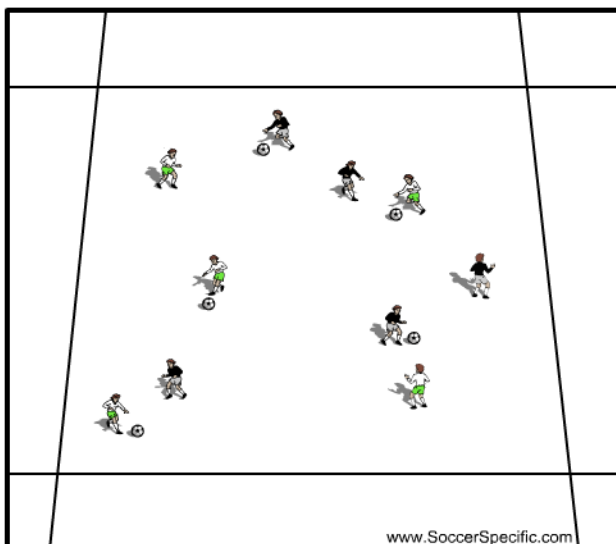


### ACTIVITY #1



**Set up:** Moderately sized grid. 2 groups. Half of players have a ball.

**Instructions:** If player does not have a ball, steal one from someone that does.

If player has a ball, maintain possession of it.

On coaches "freeze", players in possession receive a point.

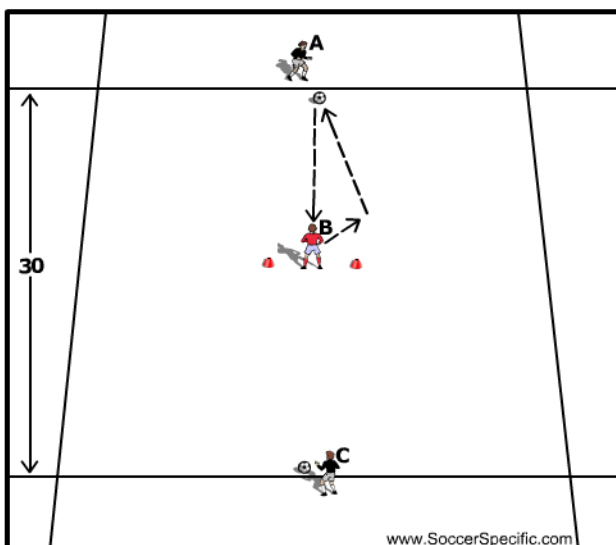
**Coaching Points:** Low athletic stance

Arms - balance and bumper

Close control

Awareness

### ACTIVITY #2

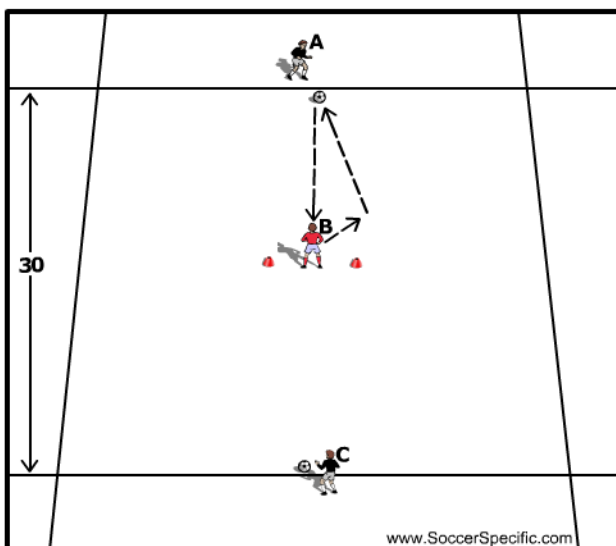


**Set up:** 3 players, 15yds apart. Center player in 3yd gate.

**Instructions:** A plays moderately slow paced ball into B. At same time, C holds up right or left hand. B peeks to determine right/left and calls out the side. B controls and plays back to A with the foot of the side called. B spins to repeat with pass from C as A holds up a hand.

**Coaching Points:** Begin with intentionally slow delivery to slant the line towards success.

### ACTIVITY #3



**Set up:** 3 players, 15yds apart. Center player in 3yd gate.

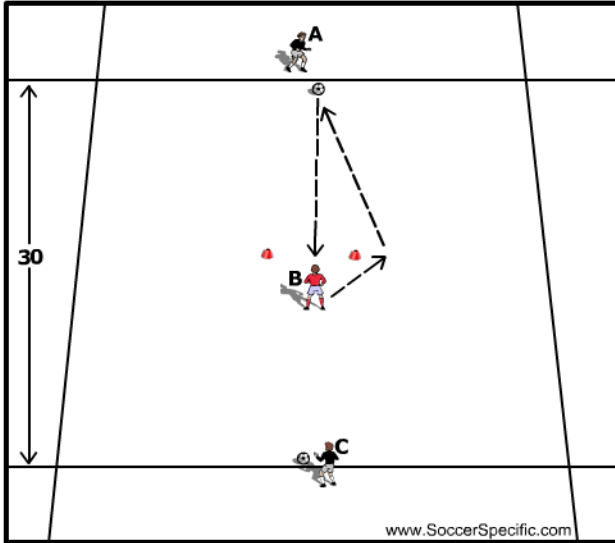
**Instructions:** Same as Awareness 1. As right/left is called out, B touches the inside of the foot called with opposite hand. (Right hand up = "Right!" and touch inside of right foot with left hand) Play ball back to original passer as before.

**Coaching Points:** Begin with intentionally slow delivery to slant the line towards success.

Adds more information processing requirements of central player. Cognitive awareness.

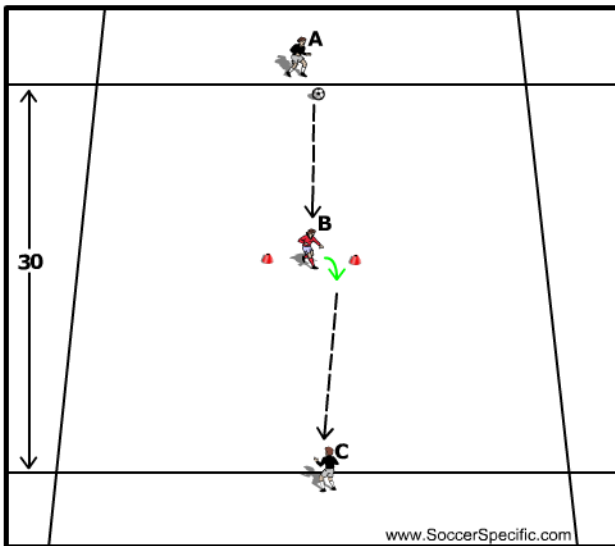
**ACTIVITY #4**

**Set up:** 3 players, 15yds apart. Center player in 3yd gate.  
**Instructions:** Similar to Awareness 1. B situates BEHIND gate. Still peek to determine side. First touch is a big touch to clear the gate before playing back to original passer. Spin and repeat with other passer.  
**Coaching Points:** Variation: Incorporate touching of foot as in Awareness 2.



**ACTIVITY #5**

**Set up:** 3 players, 15yds apart. Center player in 3yd gate. One ball used.  
**Instructions:** Same as Awareness 1. B receives ball from A while peeking at C to determine direction. B turns in the appropriate direction with ball under control and plays ball into C. Repeat with C delivering ball while peeking at A.  
**Coaching Points:** Begin with intentionally slow delivery to slant the line towards success.



**ACTIVITY #6**

**Set up:** 3v3 or 4v4 in 20x20 grid  
**Instructions:** Team in possession awarded 1 point for splitting 2 opponents  
3 points awarded if split is via 1-touch pass  
**Coaching Points:** Constant off-ball movement  
-1st, 2nd, and 3rd attacker concepts can be explained and emphasized  
Pass quality must be HIGH  
Awareness - Vision and communication

