

8/26 PRACTICE 6:00 - 7:15

INTRODUCTIONS

I. WARM UP / BALL FAMILIARITY

- A. SMALL GRID - DRIBBLING
- B. LARGER GRID - DRIBBLING

1. COACHING POINTS

- a. HEAD UP - LOOKING FOR SPACE
- b. CLOSE CONTROL OF BALL
- c. STAY AWAY FROM OTHERS

2. "STOP / GO"

- a. TRY TO BE FIRST TO STOP (SOLE OF FOOT)

3. "SIMON SAYS"

- a. STOP BALL WITH BODY PART CALLED OUT

- 1. ASK PLAYERS TO STOP WITH SOLE FIRST

C. SHARK ATTACK

3 SQUARES - SPLIT PLAYERS EVENLY

DRIBBLE AS USUAL... COACH (SHARK)

CALLING OUT "STOP / GO" & "SIMON SAYS"...

ON "SHARK ATTACK!" PLAYERS RUN W/ BALL

TO ONE OF OTHER 2 SQUARES

II GAME

-SPLIT PLAYERS EVENLY, PLAY TO SMALL GOALS

III HOMEWORK

DIDDLEY-DOO'S - PLAYERS TO DO AS MANY AS POSSIBLE BEFORE TOMORROWS PRACTICE

ADD ANOTHER SQUARE.
"SQUARE" = PLAYERS MOVE TO ENEMY SQUARE & CONTINUE.