

SPATIAL AWARENESS

5/3/08 10-11:30 EPSC GU9

FLYING CLOUD

I. 2 LARGE GRIDS

DRIBBLING - USUAL EMPHASIS

TURN = DIRECTION

SWITCH = TRADE BALL

CHANGE - DIFFERENT GRID

II 1 XL GRID - EACH SIDE ASSIGNED # OR NAME

DRIBBLING - USUAL EMPHASIS

FOCUS ON SKILLS (DRAG BACK, STEP OVER, ETC.)

CALL OUT SKILLS

CALL OUT #/NAME, PLAYERS RUSH TO THAT SIDE

** IF GOOD, ASSIGN CORNERS # OR NAME TOO

III 2 FIELDS - SMALL GOALS TO DRIBBLE THRU OR SCORE THRU

2 v 2'S / 3 v 3 DEPENDING ON #'S

SPLIT FIELDS LENGTHWISE

PLAYERS REMAIN IN OWN AREA FOR 1/2 IN THEIR AREA

↳ PROGRESS TO DEFENDERS ADVANCING TO CREATE #'S UP

↳ PROGRESS TO NO RESTRICTIONS

IV. BALLS ON CONES GAME

DID NOT DO

EMPHASIZING SPATIAL AWARENESS!!

V. S.S.G. 4v4 / 4v4+1 / 5v5

SMALL GOALS

OR

DRIBBLE PAST GOAL LINE.