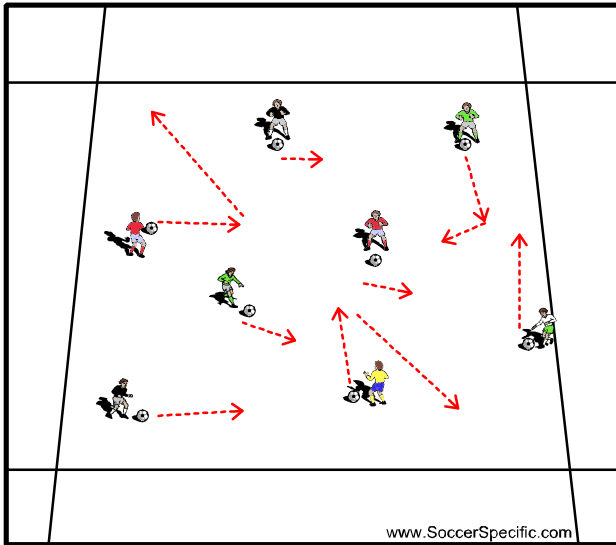


ACTIVITY #1

Set up: each player with ball inside of grid.

Instructions: Coach calls out math problem and players group up in the solution. encourage the use of all surfaces of each foot (sole, little toe, big toe). VARIATION: add groups of pennies and call out color combos as well as math problems

Coaching Points: close control movement with ball
head up (awareness of others)
communication

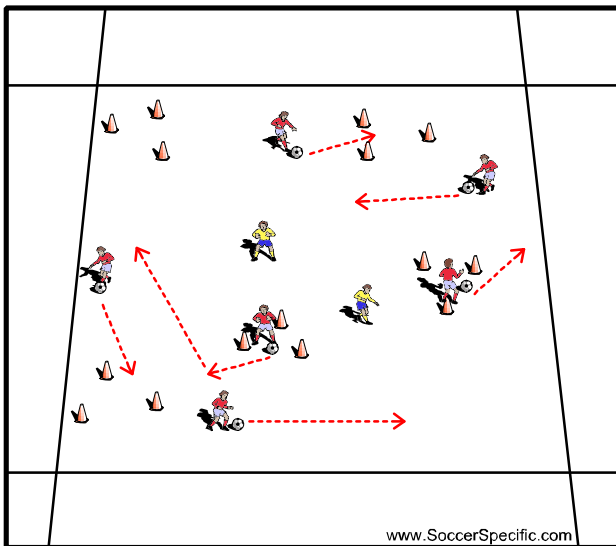


ACTIVITY #2

Set up: players in grid with ball. two 'it' players holding a penny. small triangles (islands) spread throughout grid

Instructions: players attempt to avoid being tagged. islands are safe zones but only 1 player on an island at a time for 4 seconds

Coaching Points: movement with ball
cuts and turns
awareness of taggers, islands, and others

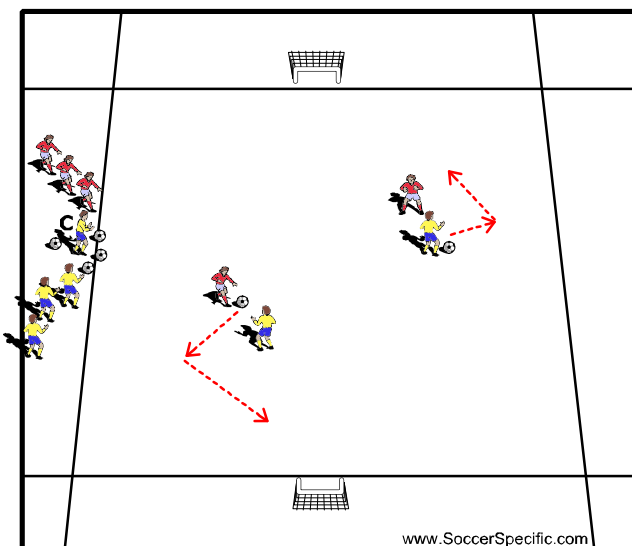


ACTIVITY #3

Set up: 20x15. Two teams each lined up on sidelines by coach. coach with a collection of balls. players on each team given numbers 1 to X

Instructions: 1v1/2v1/2v2 to goals (designated or non-designated). Coach calls numbers, rolls ball into grid and players go play. Put in two balls at once to keep game active/enegetic. Player brings ball back to coach.

Coaching Points: change of pace
change of direction
favorite move/turn
1v1 attack/defend



ACTIVITY #4

Set up: 3v3/2v2. Approx. 15x25 to popup or cone goals

Instructions:

Coaching Points:

