

### ACTIVITY #1

**Set up:** each player with ball inside of grid.

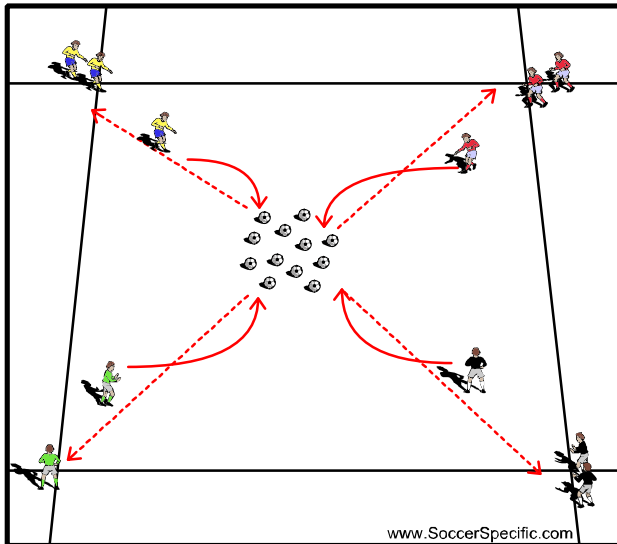
**Instructions:** Players asked to throw ball about head height and bring down with inside or outside of foot. Add climb the ladder juggling game for variation

**Coaching Points:** eyes on the ball.

let ball meet your foot

touch ball back into ground to kill it

take ball to new space



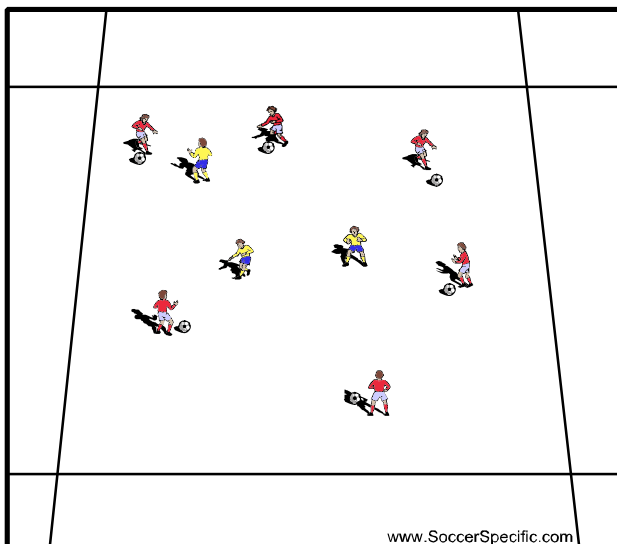
### ACTIVITY #2

**Set up:** players in teams of 2 or 3, each group has home base. all balls in middle of grid.

**Instructions:** first players in lines race out and retrieve a ball and dribble back to base. next player repeats until all balls at home bases. Teams then have 30 seconds to steal/protect balls from other teams

**Coaching Points:** use different turns when getting ball.

shielding with body when protecting balls.



### ACTIVITY #3

**Set up:** Use full grid, 20x25. 2-3 taggers without ball. Taggers should hold penny in hand. Everyone else has ball

**Instructions:** taggers try to tag others. When tagged player must place hand on body part tagged to hold your 'injury'. Get tagged three times and you give ball to tagger.

No standing still!

**Coaching Points:** -head up to see taggers

-close ball control

-change of pace

-change of direction

-use favored moves/turns

-head up to see where there is space

**ACTIVITY #4**

**Set up:** players in grid about 15 x 20. 2 teams lined up at either end. two goals in middle of grid as shown. one line is defense and one is offense. rotate as time goes on

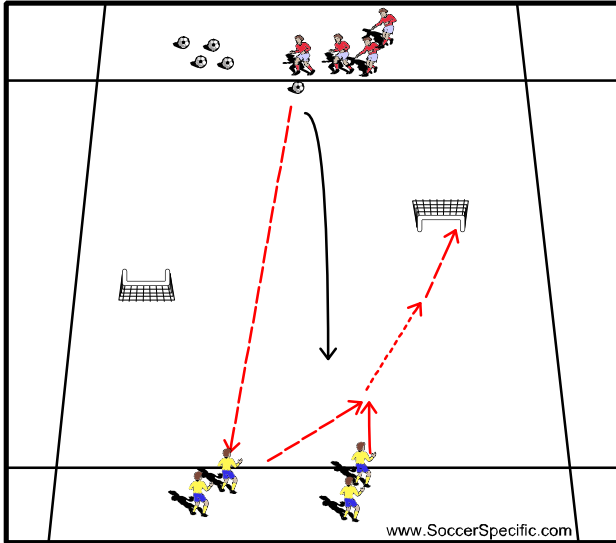
**Instructions:** defense serves ball to attacking team and play towards goals. can give bonus point for scoring on goal facing away from your line. Play 2v1, 1v1, 2v2

**Coaching Points:** attacking play

1v1 moves

passing/teamwork

1v1 defending



**ACTIVITY #5**

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

**Instructions:**

**Coaching Points:**

