

ACTIVITY #1

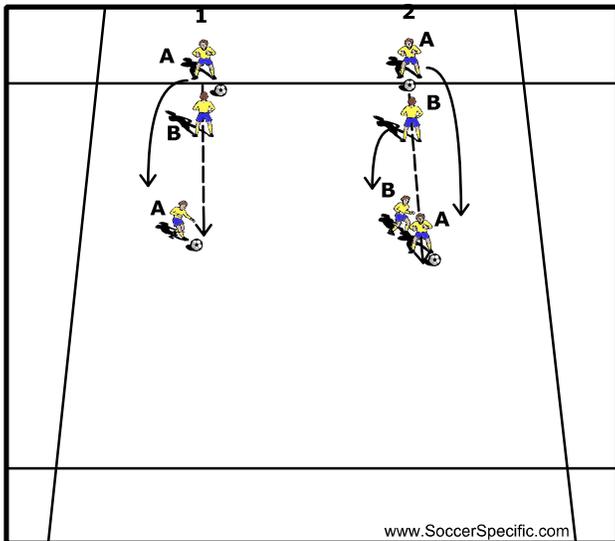
Set up: Game- Thru the legs and chase
 Players are to be in groups of 2 with one ball. Use a space large enough for a ball to be played approx. 15 yards

Instructions: Example #1 - younger players. A plays through the legs of partner B and runs to get ball. Player must then turn and find partner to repeat. Switch partner with ball after 5 turns

Example #2- Older players. Player A plays ball through the legs of partner B and runs to retrieve the ball. Player B also turns and attempts to get the ball. Repeat and switch ball carrier.

Coaching Points: Encourage younger players turn make good initial pass and once they retrieve the ball to quickly turn and find partner again. Make it a game to try and hide from partner that has ball

With the older players encourage proper shielding of the ball and ensure you keep your body between the ball and the defender

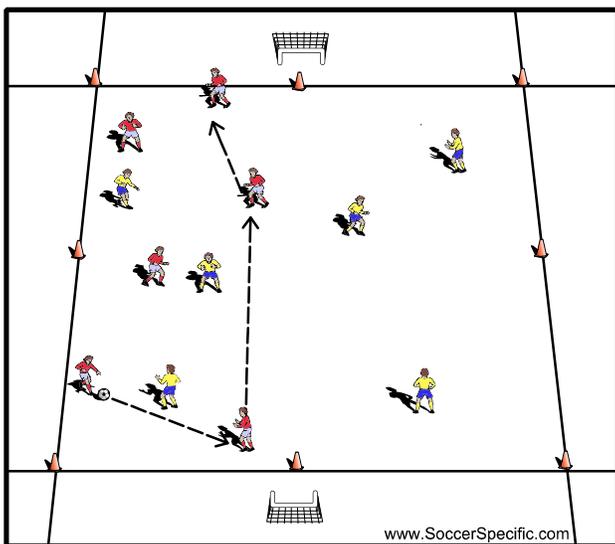


ACTIVITY #2

Set up: Possession 2 Zones
 set up grid approx 30 x 30 divided in half.
 Younger players can use pugs as a SSG instead of 2 zones

Instructions: Players are divided into 2 teams. Possession in one half with one team having a numerical advantage. If defending team gains possession they play the ball to teammates in opposite grid and follow their pass. Team that lost possession send a couple players to become defenders in the opposite grid

Coaching Points: Encourage spacing and moving ball away from pressure to where you have a numerical advantage. Once defending team gains possession promote quick transition to offense



ACTIVITY #3

Set up: Turns
 Players work in groups of 3 or more. Double set of cones at each end with a player in the middle. Players at opposite ends should be approx 20 yards apart. Farther with older players

Instructions: Player #1 makes a pass into player #2 who receives pass and turns. After the turn plays the ball to player #3 and remains in the middle Drill repeats. replace player in the middle after 5 turns

Coaching Points: Younger players keep the turn very simple. Stressing using inside of the foot to maintain control. Older players can use both feet inside and out as well as touching ball behind standing leg and then execute the turn

