

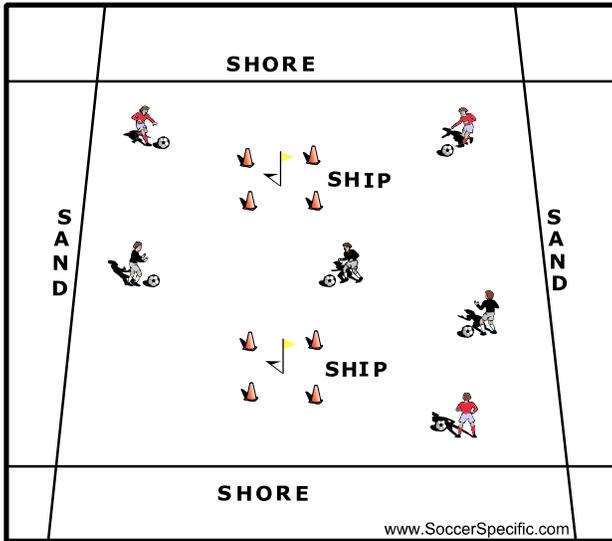
ACTIVITY #1

Set up: Ship, Shore, Sand- Player Movement

Set up a large grid approx 30 X 30. Also set up 2 small boxes within the grid that represents ships. Identify opposite sides of the grids as shore and sand

Instructions: Every player dribbles the ball freely within the grid. When the coach yells out any of the 3 locations players must quickly dribble to the corresponding area (2). Coach can also yell out Team captain and the players must stop their ball, place one foot on top of it, and hands on their hips

Coaching Points: Encourage quick decision making and changing direction to the closest area identified



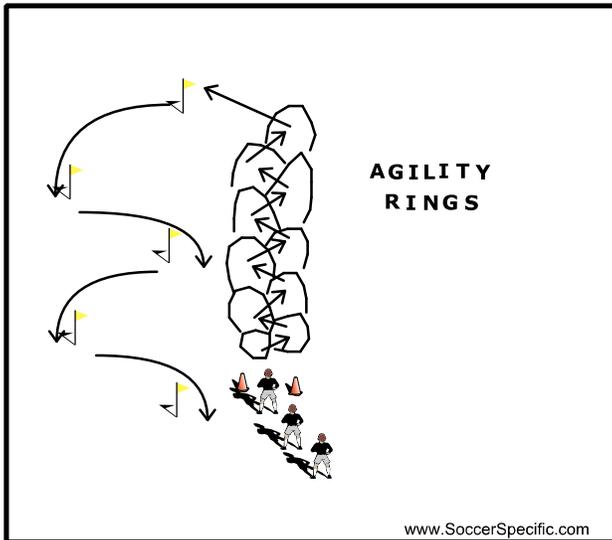
ACTIVITY #2

Set up: Agility Rings- Lateral Push

Place 2 cones as a starting gate followed by rings staggered in a line. Beside the rings set up a slalom course with agility poles

Instructions: Players take single steps into each of the rings. Upon exiting the rings players turn and run through the slalom poles back to the start

Coaching Points: Emphasize bending the knees and getting a good lateral push into the next ring and around the poles

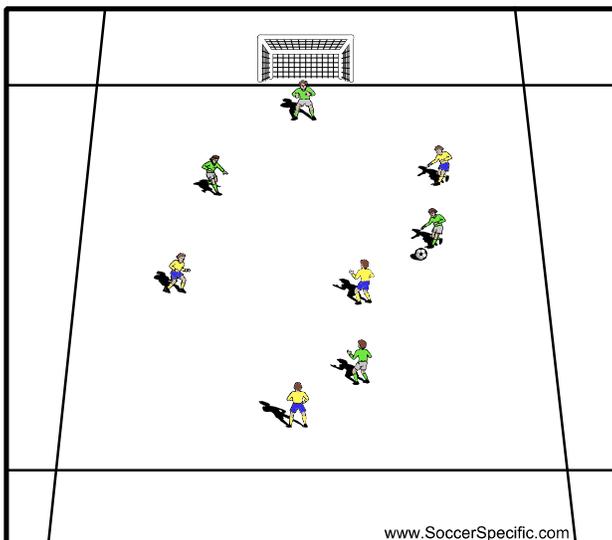


ACTIVITY #3

Set up: SSG

Instructions: Split players into 2 teams

Coaching Points: Encourage good use of field space, communication, and passing



ACTIVITY #4

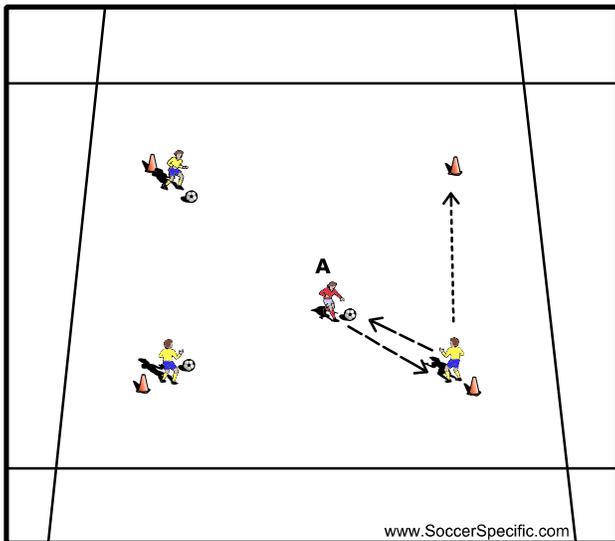
Set up: Pass and Move

Place as many cones as there is players around the outside. Every player has a ball with the exception of one

Instructions: A single player is positioned in the middle of the group without a ball. That player approaches any player to receive a wall pass. After the player receives the ball back they must dribble to the open cone as the player in the middle moves to another player for another wall pass

Coaching Points: Player awareness to know where the open cone is. Must keep head up as more than one player will be moving at a time

Younger players - have every player on a cone with only half with balls. Player with a ball dribbles toward player without. They make a pass to that player then take their spot on the cone. Player receiving pass does the same.



ACTIVITY #5

Set up: Agility Ladder (hopping)

Place 2 ladders separated by a few hurdles in front of line of players. Place 3 cones at the exit of the second ladder followed by a ball.

Instructions: Players complete the circuit by going through the ladders and hurdles then running around the 3 cones and pick up a ball placed by a coach. player dribbles the ball back to the starting line. A second coach passes the ball back to the top

Coaching Points: Ladder sequence--- Bunny hop, 2 feet at same time

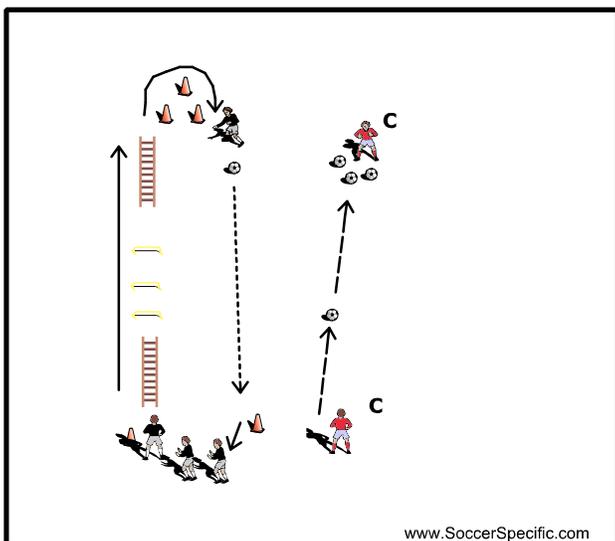
hop scotch, 2 feet out, 2 feet in, 2 feet out ,

2 feet in.....

Older Players

Single step- in, in ,out ,out, in, in, out,

out.....



ACTIVITY #6

Set up: SSG

Instructions: Split players into 2 teams

Coaching Points: Encourage good use of field space, communication, and passing

