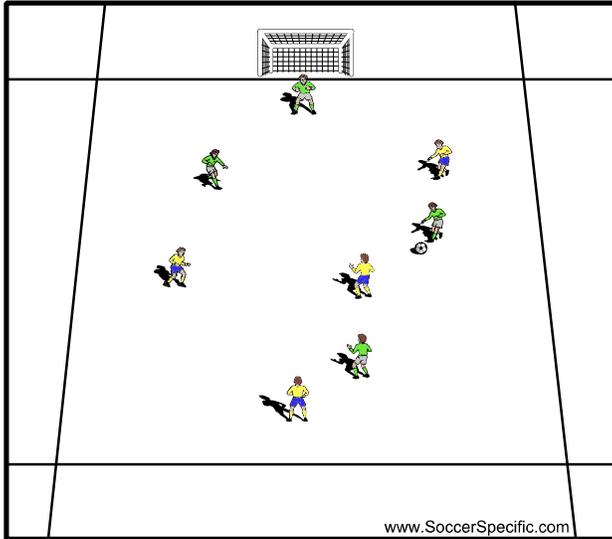


ACTIVITY #1

Set up: SSG

Instructions: Split players into 2 teams

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



ACTIVITY #2

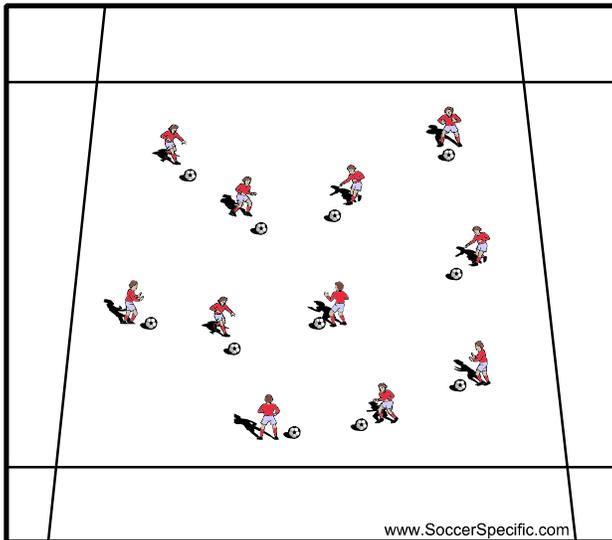
Set up: Knock Out

20 X 20 Grid

Instructions: players move freely in the space with a ball at their feet. While maintaining possession of their own ball they attempt to knock another players ball out of the space. When a players ball is knocked out they must juggle outside the space

Coaching Points: Younger players juggle twice then return to game

Older players remain outside the space until they is only one player remaining



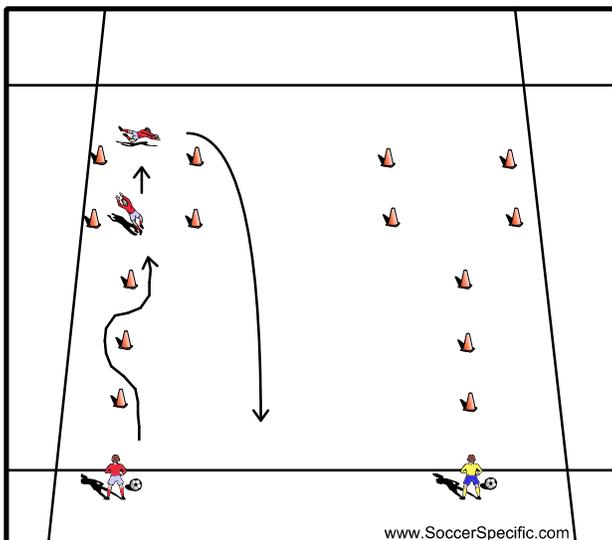
ACTIVITY #3

Set up: Body Movement

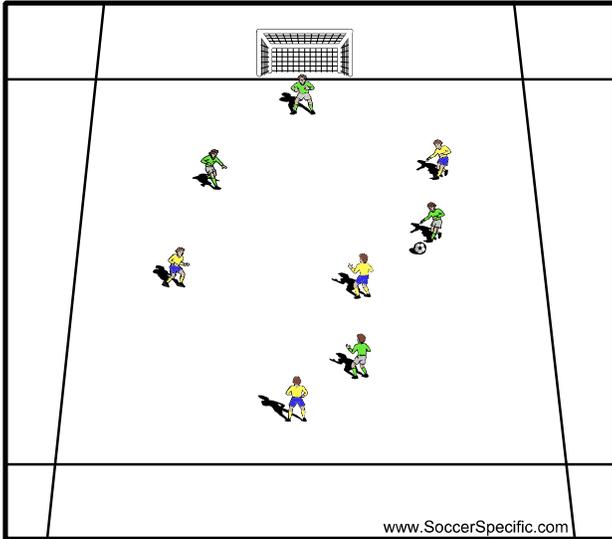
Place a series of cones in a straight line followed by 2 sets of gates

Instructions: Player slaloms through the cones and proceeds to first gate. There they perform jumping jacks. At the 2nd gate the player performs a sommer sault and returns to the beginning of the line.

Coaching Points: emphasize good balance and coordinated movement. Can be performed at first without ball the progress to having a ball at their feet



ACTIVITY #4

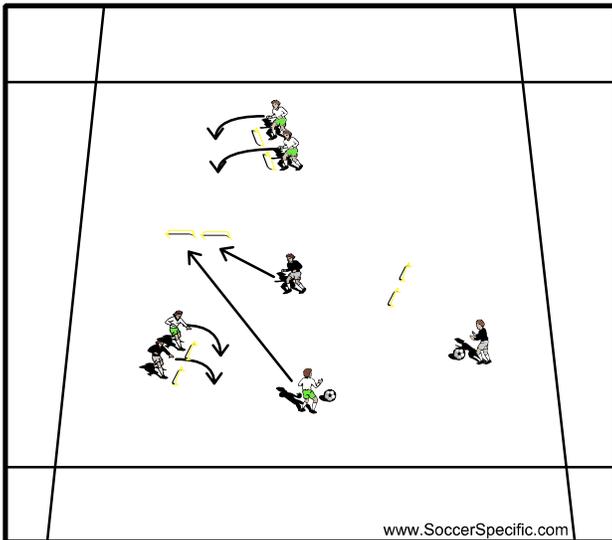


Set up: SSG

Instructions: Split players into 2 teams

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

ACTIVITY #5



Set up: Kangaroo Jump

In a grid randomly place pairs of hurdles at various locations. First perform drill with no balls then progress to every player having a ball at their feet.

Instructions: Players move freely within the grid. Upon approachin a set of hurdles at the same time as another player the 2 jump over the hurdle at the same time.

Coaching Points: Emphasize awareness of their runs to time arriving at hurdles at the same time as other players. Good balance and change of direction. Once with ball having the ability of spacial awareness and keeping ball close but not so close they land on it when performing the jump