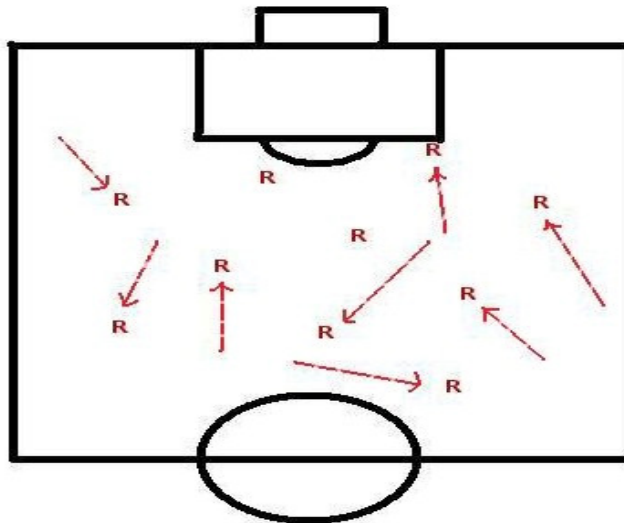


Spatial Awareness – Part 1



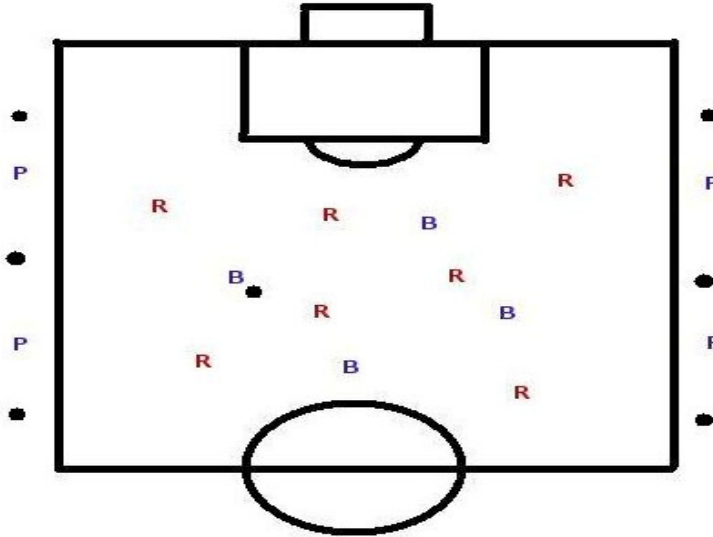
Organization:

- All players in half a field or $\frac{3}{4}$ of a field and instructed to jog.
- When coach says “stop” all players should be at least 10-12 yards from each other.
- Same directions as above using different movements, with a ball dribbling or with ball and passing in groups of 3 or 4.

Questions to ask players during the session:

- Why is it important you are spread out?
- Why does spreading out give you an advantage?

Spatial Awareness – Part 2



Organization:

B's in possession, work together to hit those not in possession, the Rs below the knees. When a player gets hit they join the possession team. Extra pennies (P) and balls on outside of playing area for easy access/use by the red players who get hit by the ball.

Questions to ask players during the session:

- What type of passes do we need?
- How can you help your teammate with the ball?
- How can you as a team keep the ball from going out of bounds?