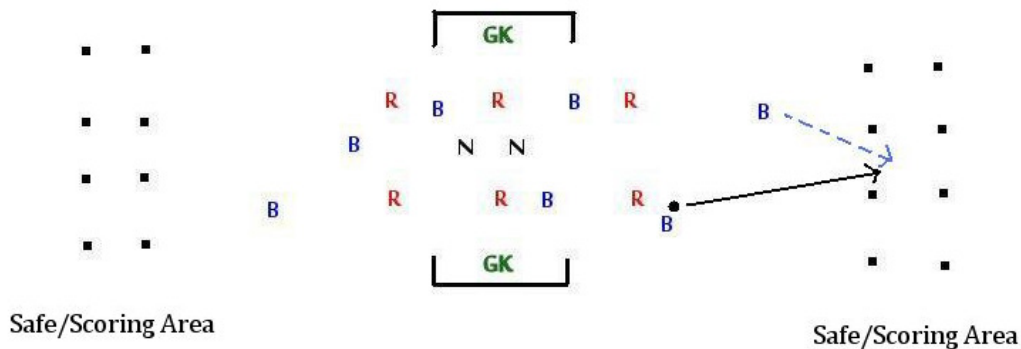


## *Sample Activity 1*



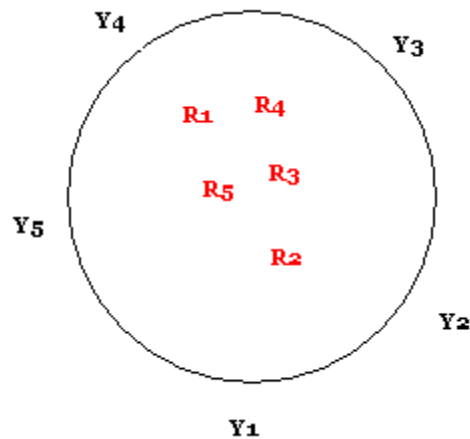
### **Rules:**

Six R's vs. six B's plus two neutral players N's. The N's may not score and are always on the attacking team. The distance between each goal is 18 – 20 yards. The B's try to possess the ball and get it into the safe/scoring area. Throughout the practice this may be done by the following:

1. Dribbling into the area
2. Passing to a teammate standing in the area
3. Passing to a teammate moving into the area as the ball is played (this is the best option)

If the R's should win the ball they attack the goals that have GK's and try to score with a shot on goal. If the R's are unsuccessful the GK's distribute to the B's. The R's cannot win the ball back in the Safe/Scoring Area.

## *Sample Activity 2*



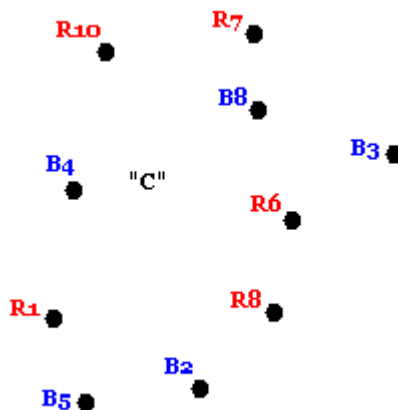
### **Rules**

- Split the team into two groups.
- R dribbles the ball in the middle of the circle and passes to any Y – Y passes back to R and the sequence continues.
- Switch groups from the middle to the outside of the circle after they have performed.
- Bring out various coaching points as noted below.

### **Coaching Points**

- Eye contact between Y and R before pass is made.
- R's after passing the ball move so they receive the pass at an angle (never straight ahead passes).
- R's receive the pass across the body – R's are always getting looks to the center of the circle when they receive the pass.
- R's should look over their shoulder as they move into the correct supporting position.

### *Sample Activity 3*



#### **Rules:**

Split the players into two equal colors, each player has a ball and is dribbling around the coach. The coach shouts instructions in the following progression:

Kill the ball – players stop the ball with the sole of their foot

Smash the grapes – players, slightly behind the ball, have their feet shoulder width apart and act as though they are smashing grapes

#1 – players perform a lunge one way and take the ball with the outside of the opposite foot (players say out loud “fake-take” when performing the move)

#2 – players perform a double lunge and take the ball with the outside of their foot (players say out loud “fake-fake-take” when performing the move)

#3 – players perform a step over and take the ball with the outside of the foot (players say out loud “circle-take” when performing the move)

#4 – players perform a double step over and take the ball with the outside of the foot (players say out loud “circle-circle-take” when performing the move)

RED – the red players keep their ball and perform an overlap around a yellow player

YELLOW – the yellow players keep their ball and perform an overlap around a red player



**Coaching Points:**

- Studies have shown when players talk to the body parts technique will improve at a faster pace than if they did not.
- Move the ball with the outside of the foot after you perform the move. This is a more natural movement because we do not run with our toes pointed outward.