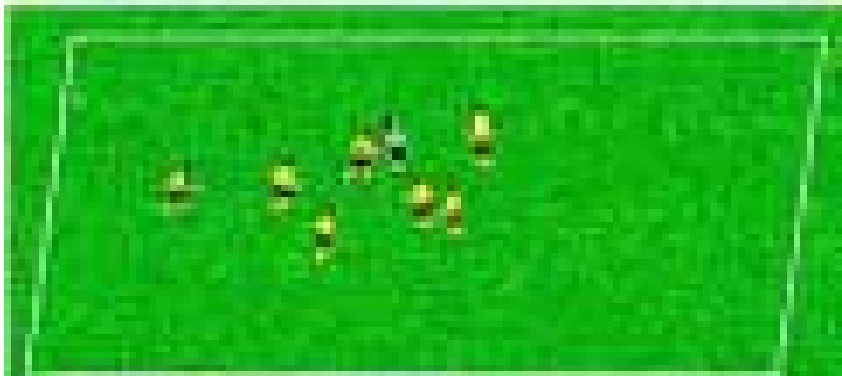
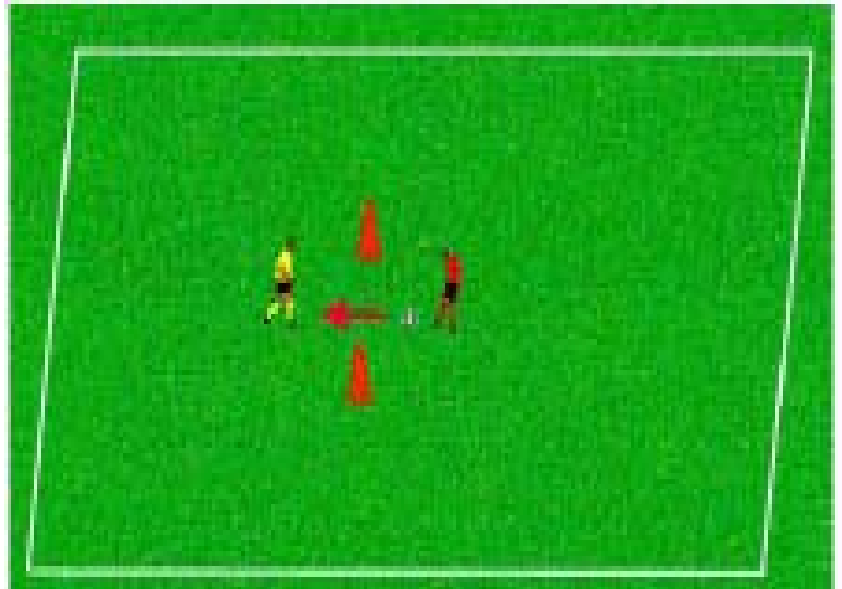


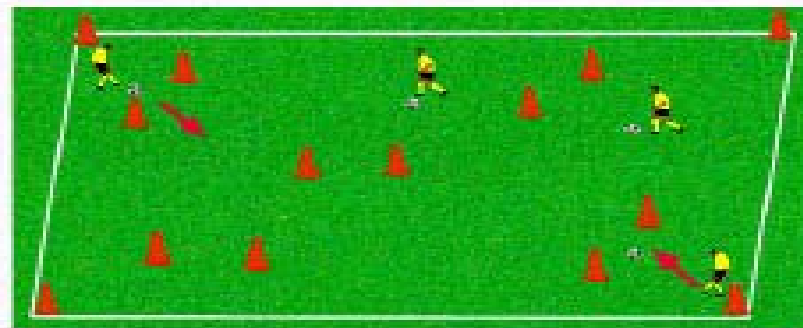
Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 Warm-Up</b>			
<p><i>Retrieval Activity in Pairs-getting them to work together</i></p>	<p>Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball the ball back to the coach. The coach walks around while the players dribble the ball back to them.</p>		
<b>2 1<sup>st</sup> Activity-“Pong”</b>			
<p>This is a simple game.</p>	<p>. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go thru the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the more they closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!</p>		

**3 Gates Passing**

All players have a ball inside a playing area.

Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

**Variations:** a) **Players work in pairs and must pass through a gate to their teammate who is on the other side.**

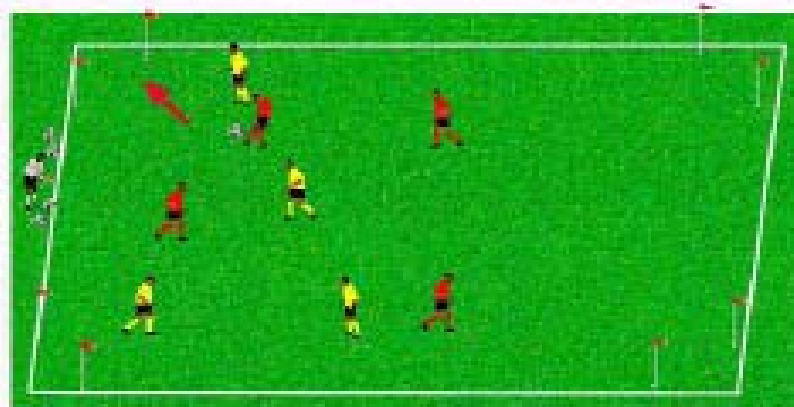


**4 3<sup>rd</sup> Activity-“Gates”**

Divide into two teams of 3-4 players each.

Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.

**At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.**



**5 Final Activity-The Match**

Coach has a supply of balls to keep match flowing.

**“CELEBRATE”**

