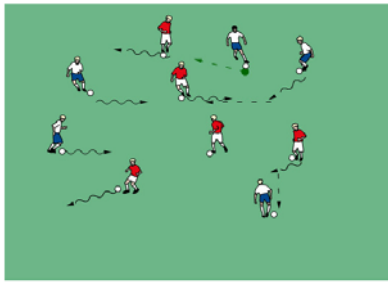
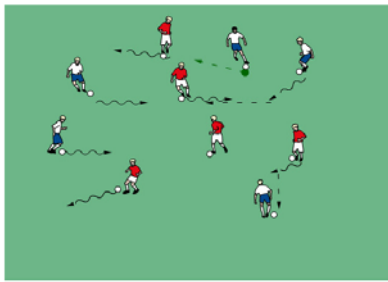
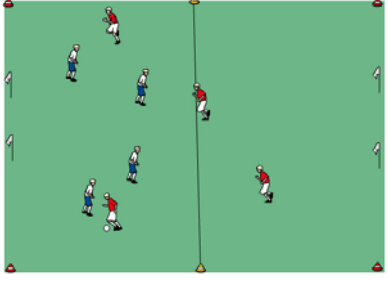



## Topic: Dribbling to keep possession

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p><b>Warm-Up (10 minutes)</b></p> <p><b>“Change” into Musical Balls</b></p>	<p>All players have a ball inside grid. When coach yells “change” they leave their ball and go and dribble someone else’s ball.</p> <p><b>Variations:</b></p> <p>1) Instead of coach yelling “change” nominate a player to do this.</p> <p>2) Take out a few balls and when yell “change” a couple of players will not have a ball. Have players keep their own score as to how many times they always get a ball.</p>		<p>Dribbling w/Head up</p> <p>Find the space.</p> <p>Find space where no one is.</p>
2			
<p><b>First Activity (10 minutes)</b></p> <p><b>“Knockaway”</b></p>	<p>All players have a ball inside a grid. When coach yells “go” they keep their ball but tries to “knock” someone else’s ball away. If a player’s ball gets knocked away and it stops rolling then that player has 5 touchups. If they get their ball knocked away and they can get to the ball before it stops rolling then no touchups. No one is eliminated. Repeat 2-3 more times.</p>		<p>Shielding</p> <p>Keep body between ball and player trying to knock their ball away.</p>
3			
<p><b>Second Activity (10 minutes)</b></p> <p><b>All Up and Back</b></p>	<p>Divide players into groups of 3/4. Two goals on each end. This is a normal game <b>EXCEPT</b> that before a player can score his/her teammates must be at least to the halfway point of the field. This will force the player with the ball to “hold” it up until his/her teammates get to at least the midway line. Once that occurs a team may try to score.</p>		<p>Finding Space with ball</p> <p>Changing direction</p> <p>Players start to communicate and tell each other when they can shoot.</p>
4			
<p><b>Game (20-25 minutes)</b></p> <p><b>3v3-4v4 fewer players to get maximum touches.</b></p>	<p><b>Play to small goals. Just use the previous game and take out the halfway line restriction.</b></p>		<ul style="list-style-type: none"> <li>• Finding Space with ball</li> <li>• Changing direction</li> </ul>
<p><b>Cool Down</b></p>	<p><b>Juggling challenge</b></p> <p>Who can keep the ball up in the air with only using their feet the most?</p>		<p>The goal will be to improve their juggling score each week.</p> <p>Wk 3 goal is 10 juggles</p>