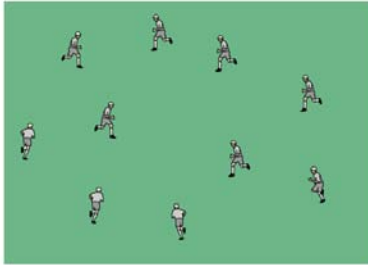
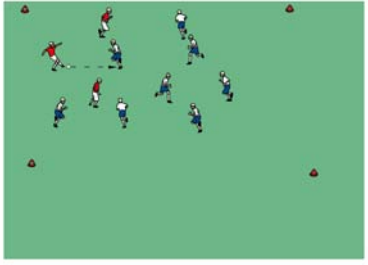
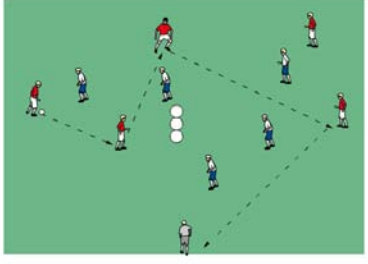
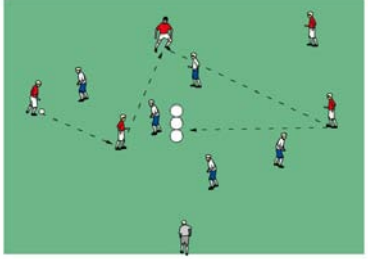


## “Spatial Awareness”

Age Groups: U9-U12

<p><b>Warm-Up</b></p> <p>All players in half field, <math>\frac{3}{4}</math> field. Coach tells them to jog. When he/she says stop they must be no closer than 10 yards away from each other (no further than 15). a) without ball using different movements; b) with ball dribbling, c) with ball but passing in groups of 3-4.</p>		<ul style="list-style-type: none"> <li>○ Why is it important that you are spread out?</li> <li>○ When you have the ball and someone is near you what can you do with the ball?</li> <li>○ When you are passing with your teammates, what needs to happen to make sure that you are close enough to stay connected?</li> </ul>
<p><b>1<sup>st</sup> Activity</b></p> <p><b>“Bulldog”</b></p> <p>Put the entire group inside a playing area. Two-Four players start off as the “bulldogs” and wear pennies/bibs. Have pennies/bibs and balls around the area. The “bulldogs” try and work together to “hit” a player below the knees. When a player gets hit, they join the “bulldogs”. Progress along for time or until a group remains.</p>		<ul style="list-style-type: none"> <li>● What types of passes do we need?</li> <li>● How can you help your teammate with the ball?</li> <li>● How can you as a team keep the ball from going out of bounds?</li> </ul>
<p><b>2<sup>nd</sup> Activity</b></p> <p><b>Around The Barrel</b></p> <p>Using a barrel, bags, something to go around. The object is for players to get the ball from the coach, pass the ball around the barrel and then back to the coach again.</p>		<ul style="list-style-type: none"> <li>● What types of passes do we need?</li> <li>● When you receive the ball which way should you face?</li> <li>● Do you have to go around the barrel or is there another way?</li> </ul>
<p><b>3<sup>rd</sup> Activity</b></p> <p><b>“Barrel Ball”</b></p> <p>Using a barrel, bags or something to hit, the two teams try to pass the ball around and hit the barrel.</p>		<ul style="list-style-type: none"> <li>● What types of passes do we still need?</li> <li>● Where do you need teammates to be?</li> </ul>

Play 6v6 game

