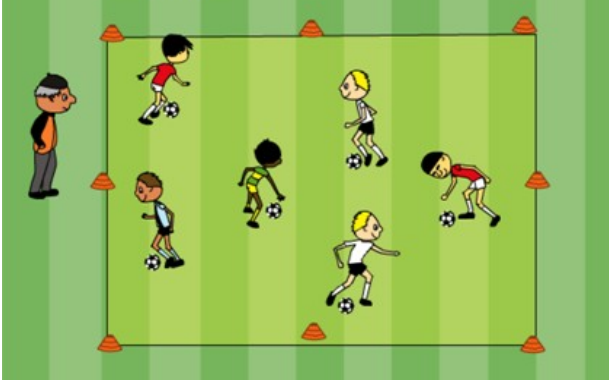



<b>Exercise/Notes</b>	<b>Description</b>	<b>Diagram</b>	<b>Coaching Points</b>
<p><b>Body Part Dribble</b> <b>10 Minutes</b></p> <p>Every player w/ ball</p> <p>25yd X 25yd grid</p>	<ul style="list-style-type: none"> <li>All players dribbling with a ball</li> <li>Coach yells out a body part (Knee! Bottom of the foot! Head! Elbow! Butt!)</li> <li>All players stop their ball with the that body part</li> <li>Can give points for who does it that fastest, or make the slowest do jumping jacks</li> <li>Vary the pass that body parts are called out</li> <li>Never use hands to stop the ball</li> </ul>		<p>Keep ball close</p> <p>Keep your head up</p> <p>Don't use hands</p> <p>Under control</p>
<p><b>Space Invaders</b> <b>15 Minutes</b></p> <p>Players pair up (groups of 2), hold hands</p> <p>Coaches are the space invaders – 1 ball for every 2 space invaders</p>	<p>Space Invaders (Coaches) try to kick the ball and hit a pair of players who are holding hands (must hit below the knee)</p> <p>Once a pair has been hit they join the space invaders</p> <p>The last pair to be hit is the winner</p> <p>Play again – let the winning pair start the next game as the space invaders</p>		<p>Keep your head up so you can see the space invaders</p> <p>Space invaders – keep ball close when dribbling</p> <p>Space invaders – inside foot passes to hit the pairs, must keep pass on group (rolling, firm, accurate)</p>
<p><b>SCRIMMAGE</b></p>	<p>Teach that if the ball goes out of bounds everyone freezes and the coach will throw a new ball in play. Coaches should carry 3-4 balls in their hands</p>		