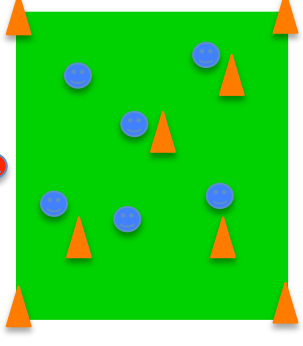
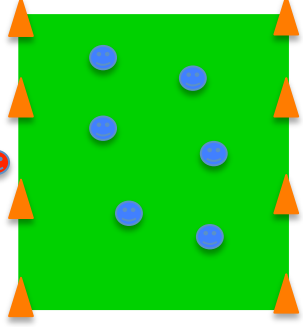
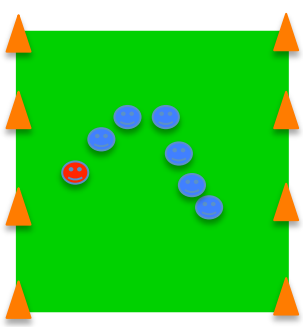
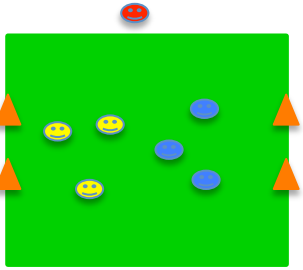


| STAGE                                                                             | DIAGRAM                                                                             | ORGANIZATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | OBJECTIVES / COACHING POINTS                                                                                                                                                                             |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Warm-up</b></p> <p><b>With Dynamic Stretching</b></p> <p><b>10 mins</b></p> |    | <ul style="list-style-type: none"> <li>• 10x15 rectangle</li> <li>• Move ball around in a rectangular area using only feet, avoid cones</li> <li>• Move ball around between cones, touch every cone with hands (dynamic stretching)</li> <li>• Move ball around between cones, when you hear command, dribble to a cone and do 5 jumping jacks</li> <li>• Add different combinations of dynamic activities such as touching toes, hopping on one foot, rolling on the ground</li> <li>• Last round, dribble around picking up the trash (all cones inside the rectangle and move them out).</li> </ul> | <ul style="list-style-type: none"> <li>• Use both left and right feet</li> <li>• Look up</li> <li>• Keep ball close</li> </ul>                                                                           |
| <p><b>Small-sided Activity</b></p> <p><b>15 mins</b></p>                          |   | <p>At the zoo, kids pretend to be animals. Dribble around the area using only feet. When you hear the word, do the action:</p> <p>Elephant – Stop dribbling with foot on top of the ball</p> <p>Tiger – Roll the ball front to back with bottom of foot</p> <p>Hippo – Roll the ball side to side with bottom of foot</p> <p>Penguin – Tap the ball back and forth between the insides of feet</p> <p>Kangaroo – Alternate tapping on top of the ball with toes</p> <p>Take turns calling out the animal names</p>                                                                                     | <ul style="list-style-type: none"> <li>• Need to be listening</li> <li>• Arms at side for balance, weight on balls of feet</li> <li>• Keep ball close when dribbling so you are ready to stop</li> </ul> |
| <p><b>Expanded Activity</b></p> <p><b>15 mins</b></p>                             |  | <p>Follow the zookeeper. Coach starts out dribbling around the rectangle alternatively using the inside and outside of the feet. All animals follow in a line copying the zookeeper's movements, choice of foot, and use of foot surface. If zookeeper catches an animal using the wrong foot or surface, animal must go to the back of the line. After a minute, the second animal in line can become the zookeeper. Keep rotating zookeepers until everyone has a turn</p>                                                                                                                           | <ul style="list-style-type: none"> <li>• Need to look up at the zookeeper</li> <li>• Use small touches to keep ball under control so you can change surfaces quickly</li> </ul>                          |
| <p><b>Scrimmage</b></p> <p><b>20 mins</b></p>                                     |  | <p>3v3 or 3v2 with small goals</p> <p>Keep rolling in a new ball if the ball goes out of bounds</p> <p>Send in 2 balls if players are left out</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Look up to where goals are</li> <li>• Use small touches</li> <li>• Arms at side for balance</li> </ul>                               |