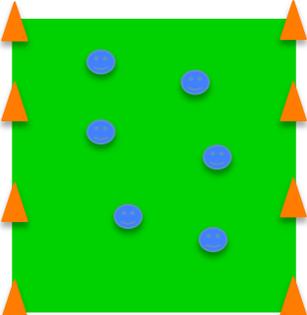
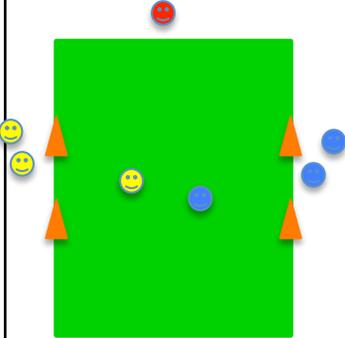
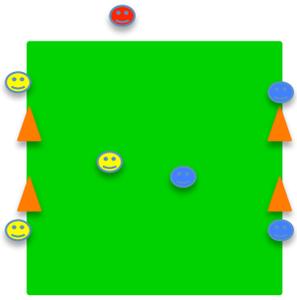
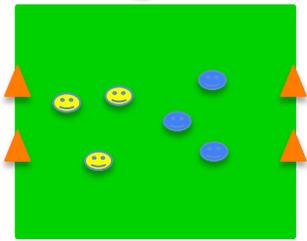


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warm-up</p> <p>With Dynamic Stretching</p> <p>10 mins</p>		<ul style="list-style-type: none"> • 10x15 rectangle • All players dribble around the area. Players who can kick other people's balls out of bounds while maintaining possession of their own balls keep dribbling while dispossessed players must dribble their balls around the outside of the field for the rest of the round. The last remaining player who has dispossessed everyone else is the winner. Play several rounds. Between rounds, have all players do dynamic stretch activities such as jumping jacks, toe touches, hopping on one leg, etc. 	<ul style="list-style-type: none"> • Players should look up while dribbling to see who is vulnerable to be dispossessed • Players should shield their own balls by placing their bodies between the ball and their opponent • Players should dribble with balls close to their bodies using small touches
<p>Small-sided Activity</p> <p>15 mins</p>		<p>1v1 - Players are divided into two groups - attackers and defenders - that form lines facing each other. The attackers are birds who are trying to fly their eggs to a nest behind the defenders. The birds have balls. Defenders are dingos who are trying to eat the eggs before they get to the nest. The dingos have no balls to start. The first bird in line dribbles the ball forward five steps before the dingo is released from the other side (coach yells "go"). The bird must beat the dingo and dribble to the nest without being dispossessed. If the dingo dispossesses the bird, the dingo may dribble to the other side. Whomever reaches their target gets a point. Once the ball is out of bounds, whether or not either side gets a point, the next bird and dingo get to go.</p>	<ul style="list-style-type: none"> • Players should dribble with balls close to their bodies using small touches • Players should shield their own balls by placing their bodies between the ball and their opponent • Players should dribble into space and vary speed to pass opponents • Opponents should run into the path of the ball
<p>Expanded Activity</p> <p>15 mins</p>		<p>Now number the birds and the dingos and ask the players to remember their numbers. Make sure there are matching pairs for all numbers (one of the dingos may have to remember 2 numbers). Line the birds up on one end and the dingos on the other along the end lines. Call out a number and roll in a ball. The bird and the dingo with that number run to the ball, try to win it, and dribble the ball towards the opposing goal to try to score. Each goal gets a point. If the ball goes out of bounds, the round is over and nobody gets a point. Call out the numbers randomly so players don't know they are next. Can call multiple numbers at the same time as game progresses but just use one ball.</p>	<ul style="list-style-type: none"> • Players should sprint to the ball to try to arrive first • Players should shield their own balls by placing their bodies between the ball and their opponent • Players trying to win the ball back should move in front of the player • Listen to hear your number
<p>Scrimmage</p> <p>20 mins</p>		<p>3v3 or 3v2 with small goals Keep rolling in a new ball if the ball goes out of bounds</p>	<ul style="list-style-type: none"> • Spread out and use the whole field • Move into the path of the ball • Shield the ball by placing body between the ball and opponent