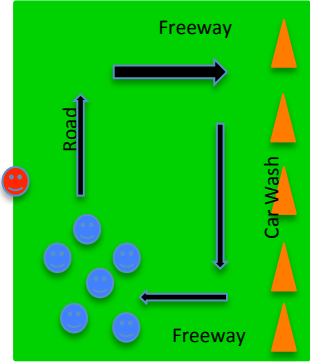
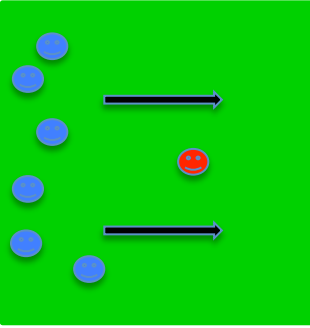
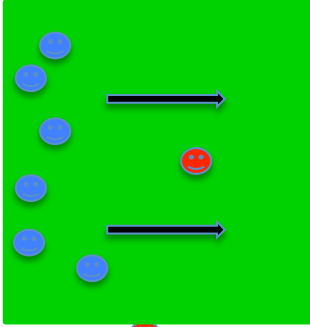
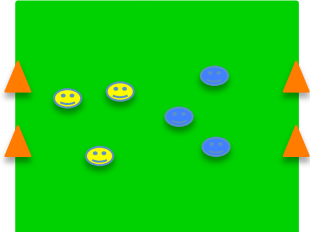


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warm-up</p> <p>With Dynamic Stretching</p> <p>10 mins</p>		<ul style="list-style-type: none"> • 10x15 rectangle • Designate long sides as the “freeway”, one short side is the “road” and the other short side is the “car wash.” Place 6 cones spaced 3 feet apart along the “car wash” side. • Players are driving “cars” while dribbling. Players dribble along the “road” at medium speed. When they get to the “freeway”, they speed up to freeway speed. When they get to the “carwash”, they slow down and weave their balls through the cones. • Every 2 minutes yell “accident” and have the players stop with their foot on top of the ball and perform a dynamic stretch or warm-up exercise such as toe touches, jumping jacks, etc. 	<ul style="list-style-type: none"> • Look up • Light touches to keep ball close • Touch the ball every few steps • Need to be listening as well • Recover breathing on the short sides
<p>Small-sided Activity</p> <p>15 mins</p>		<p>Players in their cars line up along a short side with the coach in the middle. The coach demonstrates holding hand straight up over the head for stop and says red light, to the side for slow down and says “yellow light”, and straight down for go and says “green light”. To begin the game, coach signals and says “green light.” Players start dribbling towards the other short side listening to the coach for further instructions. Coach randomly signals and calls out the light colors. Players who are caught not obeying the traffic signals must start over. First player to the end wins. After a few minutes, allow one of the players to take the place of the coach and take turns.</p>	<ul style="list-style-type: none"> • Arms at side for balance, weight on balls of feet • Keep ball close when dribbling so you are ready to change pace or stop • Look up and listen closely
<p>Expanded Activity</p> <p>15 mins</p>		<p>Players in their cars line up along a short side with the coach in the middle. They dribble from one end to the other, avoiding “crashing their cars” by getting caught by the coach. First player to the end wins. Players who get caught join the coach to attempt to catch others. The last driver to not crash gets to be first in the middle next round. Coach should discourage kicking the whole length of the field by stealing long balls.</p>	<ul style="list-style-type: none"> • Need to look up to avoid getting caught by the coach • Accelerate into space beyond the coach • Use small touches to keep ball close and under control
<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 Send in 2 balls if players are left out</p>	<ul style="list-style-type: none"> • Keep ball close • Look up to where goals and other players are • Use small touches • Arms at side for balance