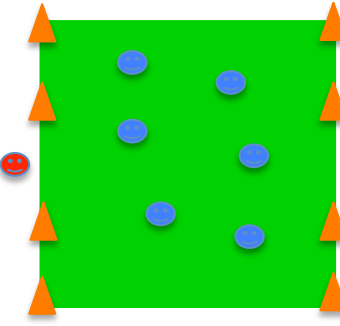
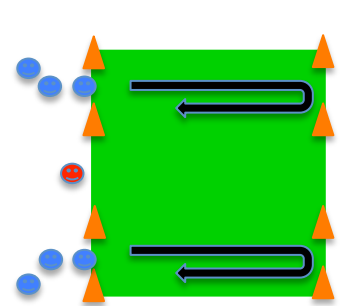
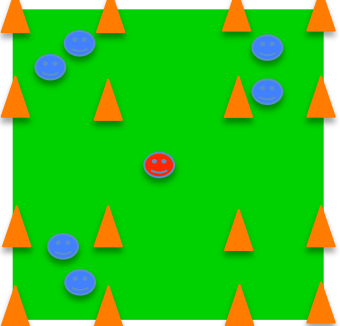
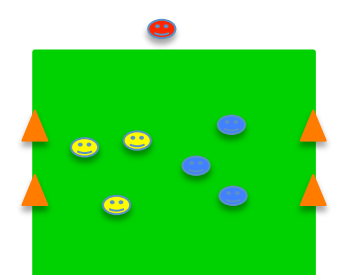


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warm-up</p> <p>With Dynamic Stretching</p> <p>10 mins</p>		<p>10x15 rectangle. Dribble around the area. Coach will demonstrate various turns one at a time, giving players a chance to try the moves at their own pace.</p> <p>Inside Turn Outside Turn Pullback</p> <p>Once comfortable, tell them each turn is the name of a superhero. When you hear the word, do the turn: Superman – Inside Turn Spiderman – Outside Turn Wonder Woman – Pull Back Batman – Stop with foot on ball</p> <p>Intersperse with calling out dynamic stretching</p>	<ul style="list-style-type: none"> • Look up • Light touches to keep ball close • Go slowly until you are confident with the turn
<p>Small-sided Activity</p> <p>15 mins</p>		<p>Break into teams of 2 or 3. Line up to do relay races. Dribble to the end, make an inside turn, dribble back. Pass ball to player #2. Continue until all players have gone. 2 points to winning team. Repeat but do outside turn. Repeat with pullback. Mix up the teams and try it again.</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 • Slow down for turn accuracy and then explode out of the turn
<p>Expanded Activity</p> <p>15 mins</p>		<p>Set up four 5x5 yard “superhero hideouts”(coned squares) in the corners of the rectangle. Have players all start in one “hideout” and dribble to any of the other “hideouts” as fast as they can when coach turns back to the players and says “go”. Coach is the evil villain. Players can dribble outside of their hideouts when evil villain isn’t looking. But when coach turns around, they must dribble to the hideouts as fast as possible to escape the villain. If they get caught by the villain, they become villains, too.</p>	<ul style="list-style-type: none"> • Need to look up and turn quickly to avoid getting caught by 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 • Turn keeping the ball away from opponents