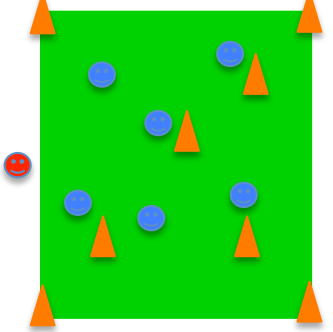
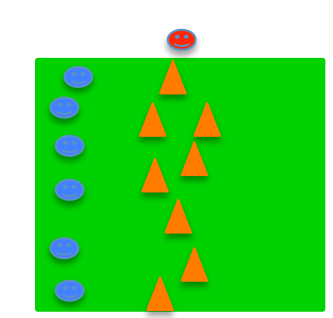
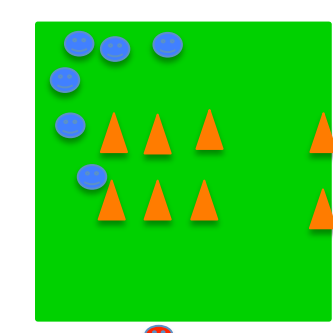
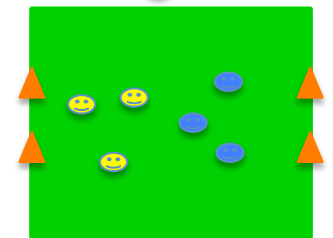


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warm-up</p> <p>With Dynamic Stretching</p> <p>10 mins</p>		<ul style="list-style-type: none"> • 10x15 rectangle • Dribble around area shooting at cones • Coach to pick up cones after knocked over • Players should use both feet • Add different combinations of dynamic activities such as touching toes, hopping on one foot, rolling on the ground 	<ul style="list-style-type: none"> • Body should be over the ball (forward). • Eyes on ball. • Support foot next to ball pointed in general direction of target. • Lock ankle back and down, toes pointed down. • Strike the center of the ball on the instep (“laces” of the shoes). • Follow through—move leg straight through toward target.
<p>Small-sided Activity</p> <p>15 mins</p>		<p>Each player is in their own spaceship and a belt of asteroids is keeping them from exploring the universe. By shooting lasers, the astronauts can clear a path for their spaceships.</p> <p>Line up players along one side of the field with cones set up in the center. On the coach’s command, players shoot and attempt to knock down cones. When everyone has shot, have players retrieve their balls and line up again for round two. After a few rounds, progress by changing to their other foot or moving the line back further from the cones.</p>	<ul style="list-style-type: none"> • Support foot next to ball pointed in general direction of target. • Use laces part of the foot • Follow through—move leg straight through toward target.
<p>Expanded Activity</p> <p>15 mins</p>		<p>The spaceships have found wormholes that will speed them up to hyperspeed. But, at the end they must blast through dark matter to return to regular speed. Form a tunnel with cones in front of a goal. Players dribble at high speed from one end of the field towards the goal and shoot when they get to the end of the cone tunnel.</p>	<ul style="list-style-type: none"> • Look up at the target while dribbling • Time run to shoot at the end of the tunnel • Touch ball slightly harder before shooting for better ball placement
<p>Scrimmage</p> <p>20 mins</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"> • Keep eyes up on targets • Always use laces part of foot when shooting