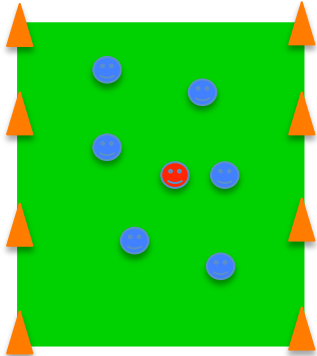
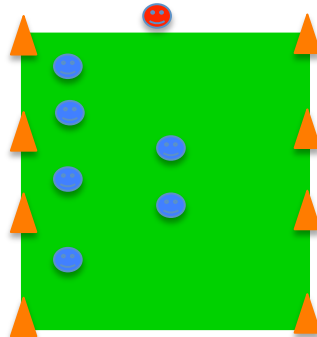
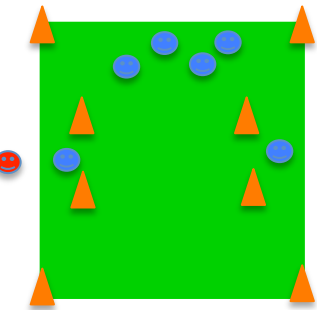
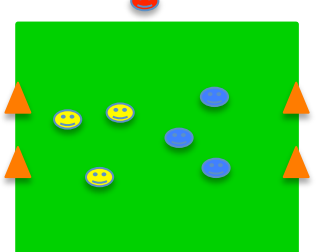


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p><b>Warm-up</b></p> <p><b>With Dynamic Stretching</b></p> <p><b>10 mins</b></p>		<ul style="list-style-type: none"> <li>• 10x15 rectangle</li> <li>• Coach runs around area while players dribble and try to shoot at the coach. Hitting the target earns a point.</li> <li>• Add different combinations of dynamic activities such as touching toes, hopping on one foot, rolling on the ground, jumping jacks</li> </ul>	<ul style="list-style-type: none"> <li>• Players should be looking up as they dribble and shoot.</li> <li>• Use laces part of the foot to shoot.</li> <li>• Use both feet, whichever is convenient in the moment</li> <li>• Follow through—move leg straight through toward target.</li> </ul>
<p><b>Small-sided Activity</b></p> <p><b>15 mins</b></p>		<p>Choose 2 players to be “sharks” and everyone else are “minnows”. Sharks have balls. As minnows run from one end to the other, the sharks try to “eat” them by shooting balls at their feet. If they “eat” a minnow, the minnow joins the sharks and gets a ball. Play continues until all of the minnows have been eaten. Repeat, but the last two minnows become the sharks for the next round. Ensure everyone has a chance to be the sharks. Coach keep the sharks provided with balls.</p>	<ul style="list-style-type: none"> <li>• Support foot next to ball pointed in general direction of target.</li> <li>• Use laces part of the foot</li> <li>• Follow through—move leg straight through toward target.</li> <li>• Shoot with the most convenient foot.</li> </ul>
<p><b>Expanded Activity</b></p> <p><b>15 mins</b></p>		<p>Now the sharks are hiding in their caves waiting for schools of minnows to swim by. Sharks have balls. As minnows run through a central channel, sharks on either side shoot balls across to try to hit their feet and “eat” them. Eating them gets the sharks a point but the minnows keep swimming by from end to end until one of the sharks reaches 5 points. Then designate two different players as sharks and repeat. Coach keep the sharks provided with balls.</p>	<ul style="list-style-type: none"> <li>• Support foot next to ball pointed in general direction of target.</li> <li>• Use laces part of the foot</li> <li>• Follow through—move leg straight through toward target.</li> <li>• Shoot with the most convenient foot.</li> </ul>
<p><b>Scrimmage</b></p> <p><b>20 mins</b></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"> <li>• Keep eyes up on targets</li> <li>• Always use laces part of foot when shooting</li> <li>• Use either foot to shoot.</li> </ul>