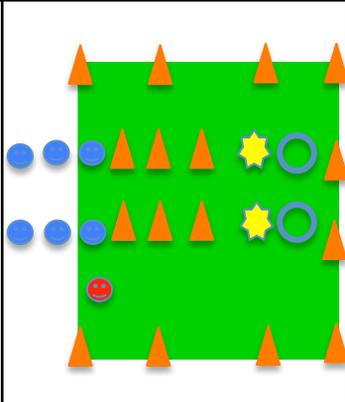
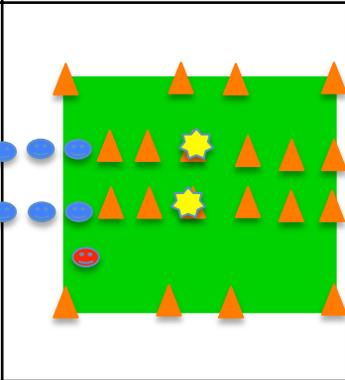
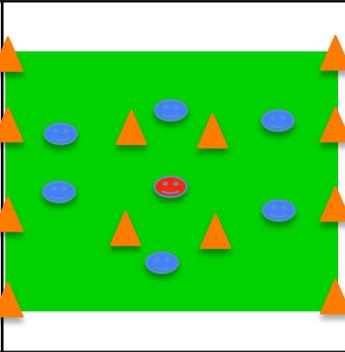
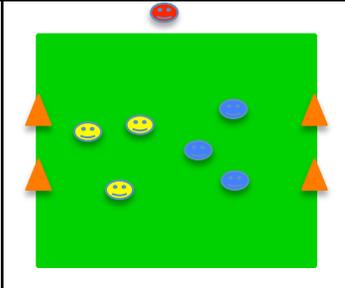


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warm-up</p> <p>With Dynamic Stretching</p> <p>10 mins</p>		<ul style="list-style-type: none"> • 10x15 rectangle • Players line up for relay races. Coach sets up a number of different obstacles, first for without the ball, then for with the ball: Cones to go around, pinnies to jump over, hula hoops to jump into, run and touch a line on the field, rolling along the ground, jumping jacks at the end, etc. Players tag the next person in line when they complete their tasks and all sit down when everyone has gone to show they are done. 	<ul style="list-style-type: none"> • Players should look up to the next task while completing the last one in preparation for changes in speed or activity.
<p>Small-sided Activity</p> <p>15 mins</p>		<p>Set up two lines of cones and two sets of goals. Put a pinnie on top of the center cone. Now the racers dribble through the cones and at the center cone the coach yells either "shoot" or "dribble". If the runner hears "shoot", they turn and shoot on goal. If the runner hears "dribble", they dribble to the end and back. First player in each set to score or reach the end of the cones gets a point. First team to 10 points wins.</p>	<ul style="list-style-type: none"> • Players should dribble with heads up so they are ready to shoot on goal or keep dribbling. • Players should listen closely for coach instructions
<p>Expanded Activity</p> <p>15 mins</p>		<p>Set up four cones to make a 3 x 3 foot "goal" area. Coach stands and "defends" the goal area but blocking any balls the players try to place into the area. (Do not tackle or directly challenge players, but rather, block inbound rolling balls.) Players try to place their balls within the square by either dribbling them in or shooting them into the area for a point. If they leave the area, there is no point awarded.</p>	<ul style="list-style-type: none"> • Use the whole field and vary the attack from different sides depending upon where the coach is standing • Watch for opportunities where the coach is distracted by other players • Dribble the ball into empty space
<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"> • Spread out and use the whole field • Dribble the ball into empty space