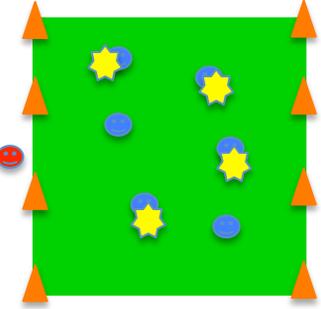
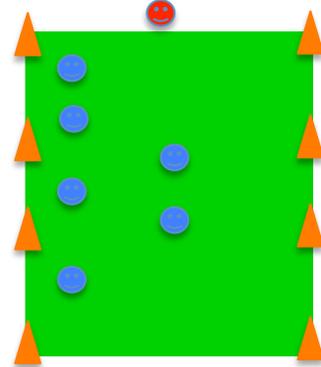
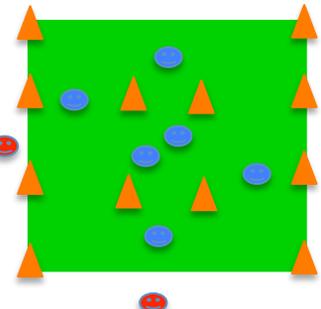
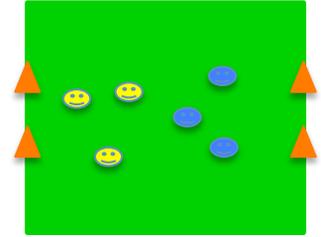


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warm-up</p> <p>With Dynamic Stretching</p> <p>10 mins</p>		<ul style="list-style-type: none"> • 10x15 rectangle • Most of the players tuck pinnies into the back of their shorts as "tails". These are the "foxes". The rest of the players are "hounds". Foxes and hounds dribble their balls around. Hounds try to pull out the pinnies from the foxes. If a hound gets a pinnie, the fox must stop with their ball and hold it over their head. Other foxes can rescue the fox by dribbling over and tagging them as long as they don't get caught by the hounds as well. Last fox standing wins. Rotate foxes and hounds. If it is too hard to get the foxes, then allow the hounds to run without balls. Periodically stop play to rotate in some dynamic stretching activities. 	<ul style="list-style-type: none"> • Players should look up while dribbling to see who needs to be helped and who may be dribbling towards them. • Hounds should dribble into the path of players they are trying to intercept, rather than behind them
<p>Small-sided Activity</p> <p>15 mins</p>		<p>Now line up all of the "foxes" along one side of the field. Choose two players to be the "hounds"; they have no balls. No tails are required. This time, the foxes dribble from one end of the field to the other, trying to avoid the hounds. The hounds move in the path of the foxes and steal their balls away. If they get the ball, they kick it out of bounds to the side. Foxes who make it to the other side without losing their balls get a point. Foxes who get caught become hounds. Everyone should take turns being hounds.</p>	<ul style="list-style-type: none"> • Players should dribble with heads up so they can avoid the hounds • Hounds should move into the expected path of the foxes, not chase them from behind
<p>Expanded Activity</p> <p>15 mins</p>		<p>Set up four cones to make a 3 x 3 foot "goal" area. Select two players to stand and defend the goal area but blocking any balls the players try to place into the area. Players try to place their balls within the square by either dribbling them in or shooting them into the area for a point. If the balls leave the area, there is no point awarded. Rotate defenders.</p>	<ul style="list-style-type: none"> • Defenders should keep their heads up to anticipate the movements of attacking players and move into the path of dribblers or the ball after it has been shot.
<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 • Move into the path of the ball