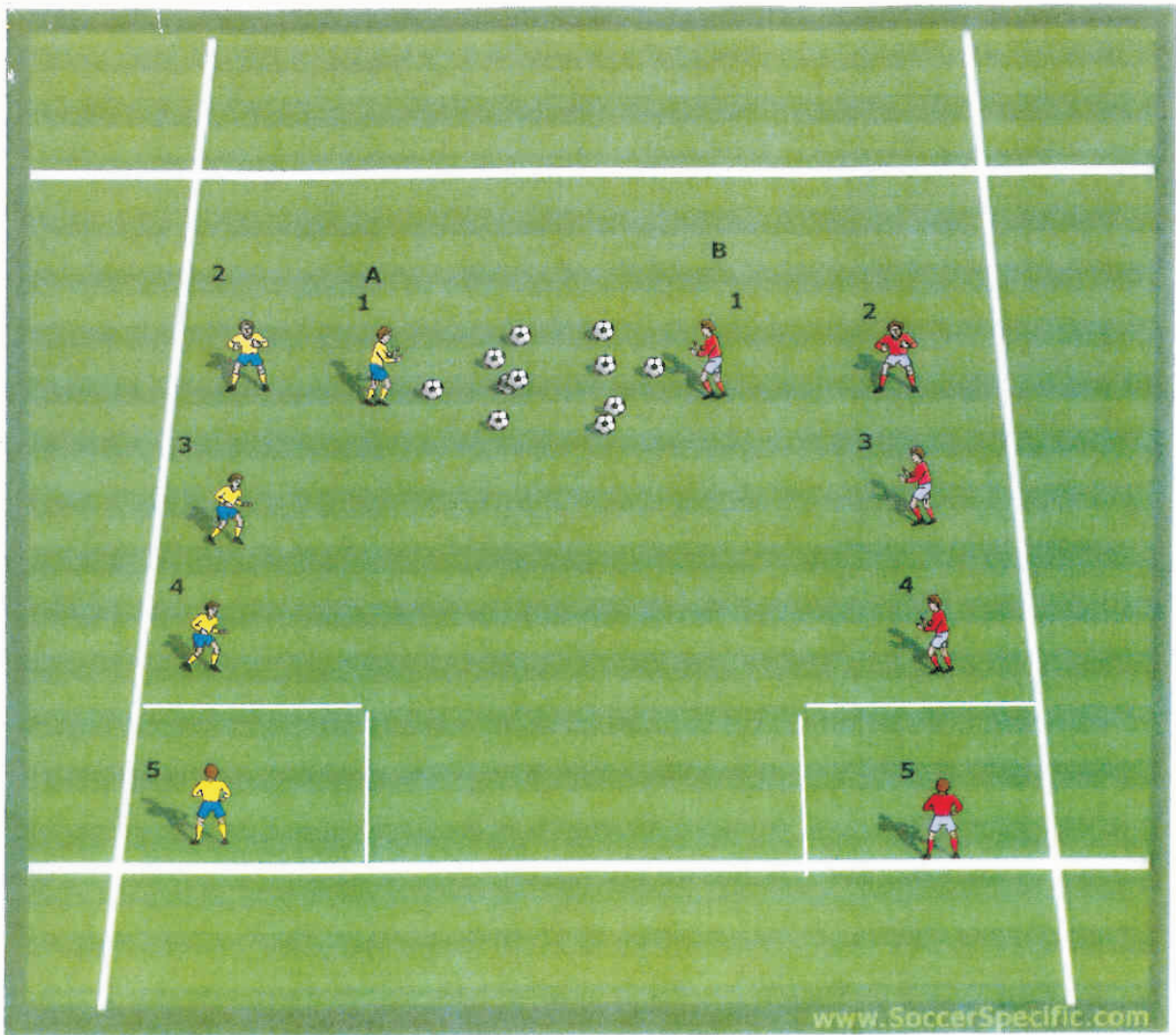


Hot Potato



Purpose: To work as a team - focusing on coordination and encouraging goal keeping skills

Organization

1. Players are split into two teams
2. When the coach says, “GO”, player one picks the ball up, passes to player two with their hands
3. Player 2 passes to player, player 3 pass to player 4 and so on till the last player places the ball in the bank
4. When the ball is in the bank the teams are allowed to start on the second ball
5. Winning team is the first team to have all balls in the bank

Coaching Points

1. Goalkeeping
2. Catching
3. Handling
4. Distribution