



NAME: BSC Portland Clinic DATE: 8-28-11

TOPIC: Shooting #1

SESSION OBJECTIVE: Increase scoring chances and quality of service

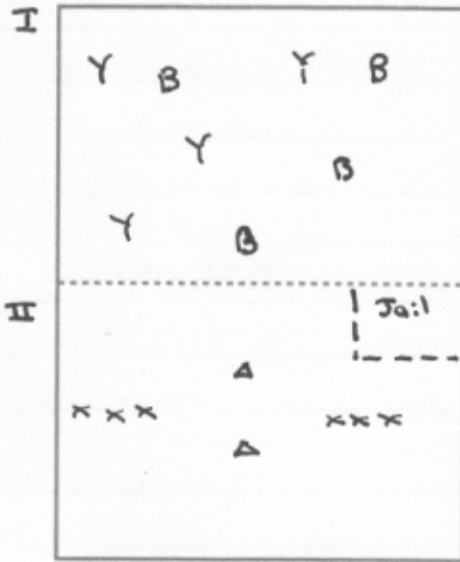
**EQUIPMENT NEEDS**  
 4 large goals  
 20 balls  
 Yellow/Blue bibs

OUTLINE / COACHING POINTS:

**I. Warm up:** Capture the bib  
 Two teams steal bibs from the other. Add restrictions: active stretches.

**II. Jail break:** Players shoot ball between 10yd cone. Distance b/w cones shrinks player hits cone or takes more than two touches goes to jail. 50 juggles before returning.

**III. Activity 1:** Shoot the box  
 10 players placed around 18 yd box. One shooter inside checks to ball and has two touches to score.  
 Progression - Add defender



Y = yellow  
 B = blue

