




THEME: Become friends with the ball

Character Builder: What does it look like to be a good teammate?


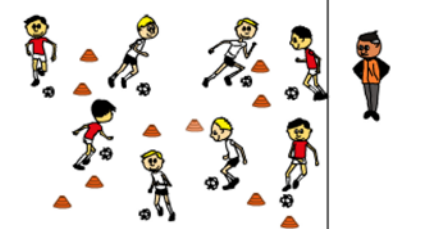

- Say Hi, Look in the eye, Encourage, Include when left out, Help everyone have fun

| <p><u>Ignition Game</u></p>  <p>www.sports-</p> | <p><u>Organization</u></p> <p>“Ouch!” (10 mins) Each player with a ball in small space 3-4 adults walk inside space Players score when hit them below knee with ball (Adults say “Ouch” when hit) Adapt to player ability by moving quicker/slower Add-a-rule: Can’t hit same adult twice in row</p> | <p><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • Can you use either foot to push ball? • How can you find a target to hit? (Peek up) • What part of your foot can you use to hit the targets? (inside, laces, toepoke) |
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| <p><u>Spotlight Activity</u></p>  <p>www.sports-graphics.com</p> | <p>“Sharks and Minnows” (10 mins) Each player with ball at one end of grid Dribble and stop ball on opposite endline Adult sharks let them go first few times across Then sharks try to tap ball with foot. Players do 4 toetaps on ball if shark tapped their ball Add-a-rule: Safe if put foot on ball (keep ball close, then big touches when space)</p> | <ul style="list-style-type: none"> • Can you push ball with both feet? • Use pinky toe (outside of foot) to go fast • Go fast when space in front of you • Slow down and keep ball close to steer around sharks |
| <p><u>Spotlight Game</u></p>  <p>www.sports-graphics.com</p> | <p>“Get Outta Here” (15 mins) Small goals at both ends of 20 yd field 2 teams lined up next to Coach on sideline Coach plays ball and 1st two players play 1v1 Clear field when Coach says “Outta here” (10-20 secs or when ball goes in goal or O.B. Next ball and players go in</p> <p>Progress to 2v2</p> | <ul style="list-style-type: none"> • Which way is your goal to score in? • Which part of your foot do you use to steer? (inside/outside) • Which part of your foot do you use to go fast? (Pinky toe/outside) |
| <p><u>Game</u></p> | <p>3v3 or 4v4 to small goals (15 mins) Introduce restarts when ball goes out and after goal</p> | <ul style="list-style-type: none"> • How can you score (which goal)? • How should we celebrate a goal? |
| <p>Before we go: What did you learn today? I CAN . . . A) Push the ball with both feet B) Use pinky toe to go fast C) How to be a good teammate</p> | | |

THEME: Changing direction and dribbling with head up

Character Builder: How should we act when we win? When we lose?

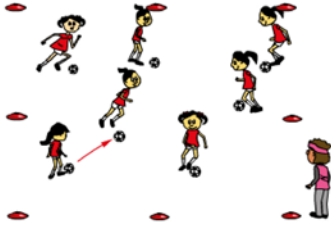


- W: High 5, Handshake, Good Game; Nothing mean – need other team for game
- L: High 5, Handshake, Thank/Congratulate other team, Good Game

| <p style="text-align: center;"><u>Ignition Game</u></p>  <p style="text-align: right; font-size: small;">www.sports-</p> | <p style="text-align: center;"><u>Organization</u></p> <p>“Zapper” (10 minutes) Each player dribbling a ball inside small grid Adults with vest (or swim noodle) in hand tries to zap balls by tagging with vest Add a 3rd zapper to ramp up challenge Add-a-rule:</p> | <p style="text-align: center;"><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • How can you steer your ball away from the zapper? (inside/outside of feet) • How do you know where the zappers are? (Peek up) |
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| <p style="text-align: center;"><u>Spotlight Activity</u></p>  <p style="text-align: right; font-size: small;">www.sports-graphics.com</p> | <p>“Gates” (10 mins) Set up randomly placed dribble gates in small space Players get a point for each one they dribble thru in any direction and any order 30-45 second rounds Add 2-3 adult gate guards to move around and stand in gates to close them</p> | <ul style="list-style-type: none"> • How can you get thru more gates next time? • Can you dribble with your head up to see where to go next? • What do you do when a gate guard closes a gate? (Head up to find next gate and change direction) |
| <p style="text-align: center;"><u>Expanded Activity</u></p>  <p style="text-align: right; font-size: small;">www.sports-graphics.com</p> | <p>“4-Goal game” (15 mins) 1v1 or 2v2 to 2 small gates at each end. Teams defend one end and attack the other. Players can dribble through either gate to score Rotate new players after each goal or 20 seconds</p> | <ul style="list-style-type: none"> • What would you do if one goal is blocked? (dribble to other one) |
| <p style="text-align: center;"><u>Game</u></p> | <p>3v3 or 4v4 game to small goals (15-20 mins) Regular restarts when ball goes out or after goal</p> | <ul style="list-style-type: none"> • How can you score? |
| <p>Before we go: What did you learn today? I CAN . . . A) Peek up while dribbling B) Change direction with the ball C) How to act when we win or lose</p> | | |

THEME: Change speed and stop with the ball

Character Builder: What does it mean to compete?

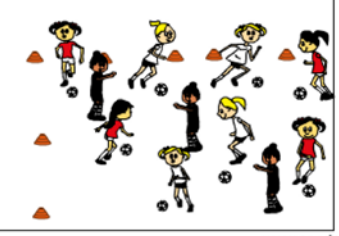


- Try hard all the time, Want to get better than last time, Be brave taking on challenges

| <p align="center"><u>Ignition</u></p>  <p align="center"><small>www.sports-graphics.com</small></p> | <p align="center"><u>Organization</u></p> <p>“Ball Tag” (10 mins) Each player with ball in small grid 1 pt for passing ball into someone else’s ball - Everyone’s it - No one is “out,” just score as many pts as you can - 60-sec. rounds, try to beat own score next time</p> | <p align="center"><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • How can you get close to someone else? (eyes up, steer with sides of feet, go fast with laces) • Can you beat your own score this next time? |
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| <p align="center"><u>Spotlight Activity</u></p>  <p align="center"><small>www.sports-graphics.com</small></p> | <p>“Red, Yellow, Green Light” (10-15 mins) Each player with ball on line, dribble across grid a. Coach calls Yellow (slow) Green (fast) Red (stop) b. Coach use hand signals so players look up c. Add adult cops: “Speeders” with ball out of control cop gives ticket by stepping on ball. If players can step on it themselves cop moves on. Score 1 point for each time across without a ticket</p> | <ul style="list-style-type: none"> • Light taps to go slow • Bigger taps with pinky toe to go fast • Bottom of foot to stop • Can you peek up while dribbling? • When do you slow down or stop (cop in front) and when to speed up (space)? |
| <p align="center"><u>Spotlight Game</u></p>  <p align="center"><small>www.sports-graphics.com</small></p> | <p>“Either goal game” (10-15 mins) Two teams on sides with goals on ends Coach plays ball to one player as other player comes in to defend Score in either goal Progress to 2v2</p> | <ul style="list-style-type: none"> • When do you go fast? (space) • If defender is in front of you can you turn to go to other goal? |
| <p align="center"><u>Game</u></p> | <p>3v3 or 4v4 to small goals (15-20 mins) Reinforce how to restart when ball goes out or after goal</p> | <ul style="list-style-type: none"> • Can you score a goal? |
| <p>Before we go: What did you learn today? I CAN . . . A) Go fast with the ball B) Stop the ball C) What it means to compete</p> | | |

THEME: Ball Striking

Character Builder: What do you do when something is too hard to do right away?

- Watch other people, Listen to Coach, Keep trying, Be patient, Encourage yourself

| <p><u>Ignition Game</u></p>  <p>www.sports</p> | <p><u>Organization</u></p> <p>“Ouch!” (10 mins) Each player with a ball in small space 3-4 adults walk inside space Players score when hit them below knee with ball (Adults say “Ouch” when hit) Adapt to player ability by moving quicker/slower Add-a-rule: Can’t hit same adult twice in row</p> | <p><u>Coaching Points/Questions</u></p> <ul style="list-style-type: none"> • How can you get close? (peek up, steer with sides of feet) • Can you use your laces to hit them? • Can you beat your own score this next time? |
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| <p><u>Spotlight Activity</u></p>  <p>www.sports-graphics.com</p> | <p>“Clean your backyard” (10 mins) 2 teams in own half with a 3 yard buffer zone Each player starts with a ball. On “GO” players kick balls into other team’s half. Collect balls coming into own yard and kick them into other team’s yard. On “STOP” team with fewest balls in own yard wins.</p> <ul style="list-style-type: none"> • Restrict players to using different parts of feet – inside, laces, freestyle | <ul style="list-style-type: none"> • Push ball ahead to run into kick (use body momentum) • Plant foot next to ball for power (will often be too far back) • Lock ankle when striking ball |
| <p><u>Spotlight Game</u></p>  <p>www.sports-graphics.com</p> | <p>“Get Outta Here” (15 mins) Small goals at both ends of 15-20 yd field 2 teams next to Coach on sideline Coach plays ball and 1st two players play 1v1 Clear field when Coach says “Get outta here” (10-20 secs or when ball goes in goal or O.B. Play next ball in for next players to play</p> <ul style="list-style-type: none"> • Progress to 2v2, 3v3 | <ul style="list-style-type: none"> • Can you shoot while the ball is rolling? • Can you use your laces to score? |
| <p><u>Game</u></p> | <p>3v3 or 4v4 to small goals (15-20 mins) Enforce rules of play</p> | <p>Can you score a goal?</p> |
| <p>Before we go: What did you learn today? I CAN . . . A) Strike the ball with my laces B) Shoot a rolling ball at the goal C) Keep trying when things are hard to do</p> | | |