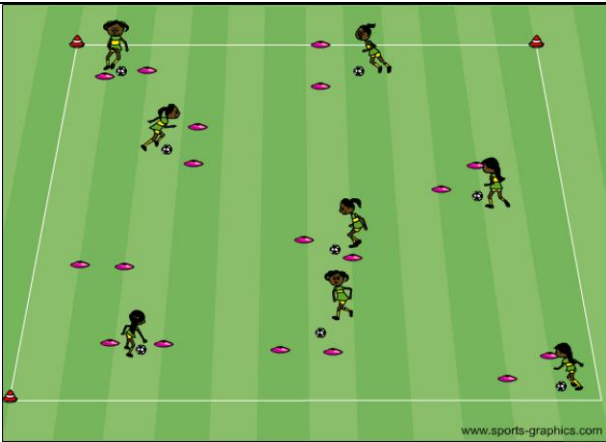
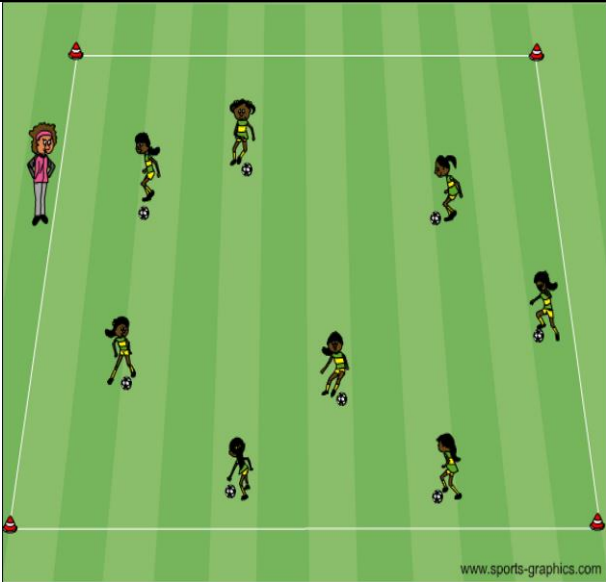
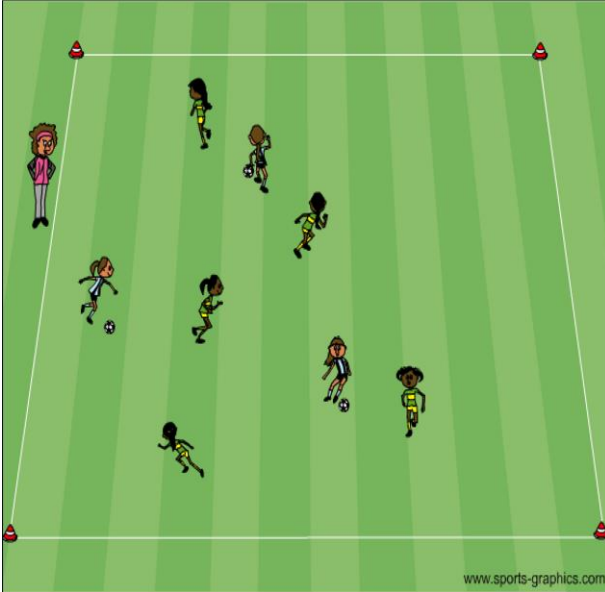
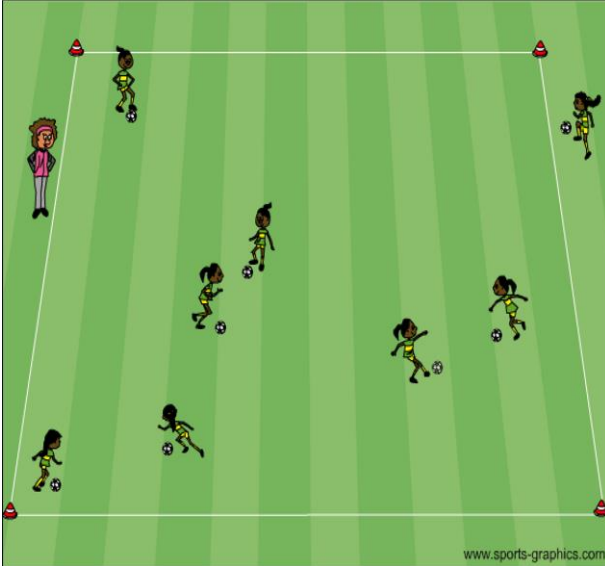
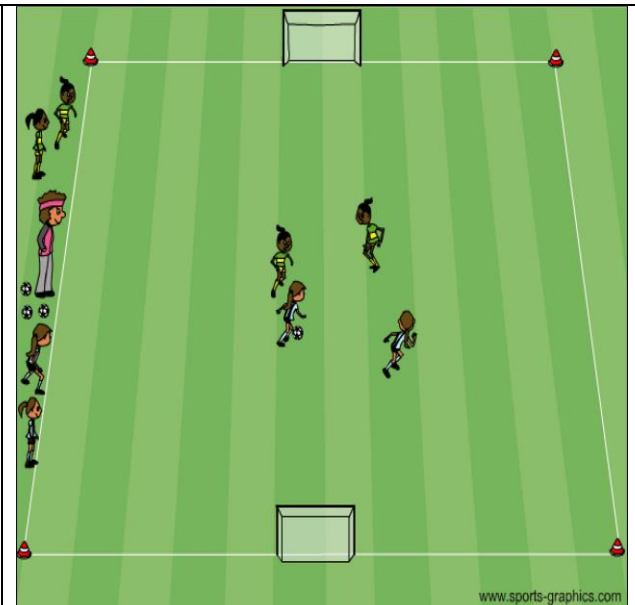


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Gate Dribbling</p>	<ul style="list-style-type: none"> - every player with a ball - one more gate than the number of players - must dribble through free gate - 1 point for each gate - play again, improve by 1 point 		<ul style="list-style-type: none"> - see ball through bottom of eyes - keep ball rolling - use foot brake - different surfaces
<p>2</p> <p>Stop & Go</p>	<ul style="list-style-type: none"> - every player dribbling a ball - on whistle, players stop ball and then go with speed - coach demonstrates stop & go, and players try to copy - players invent their own stop & go - coach observes, and choose players to demonstrate their stop & go for others to copy 		<ul style="list-style-type: none"> - see ball through bottom of eyes - speed up after stop - change of direction - different surfaces

<p>3</p> <p>Pac-Man</p>	<ul style="list-style-type: none"> - two or three players are “it” to start, and have balls - if you are “it”, try to dribble and hit others with passes below the knees - players who are not “it” may run and jump to avoid being hit - if you are hit with a pass, you become “it” too 	 <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> - keep ball rolling - eyes up to find space and who is “it” - change direction and speed fake passes
<p>4</p> <p>Knockout</p>	<ul style="list-style-type: none"> - every player dribbling a ball - try to kick other players’ balls off the field if your ball is stops rolling or is kicked out, then - you must do two juggles before you return to the game 	 <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> - keep ball rolling - body between ball and other players - see ball through the bottom of your eyes

<p>5</p> <p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>. = ball</p>	<ul style="list-style-type: none"> - coach as boss of the balls - coach passes ball onto field to start play - two players from each team play until a goal is scored or the ball goes out of bounds - out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball - goal is scored, 2 who scored stay on, and two new players from the other team play against them 	 <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> - see ball through bottom of eyes - keep ball rolling - first try to solve game by dribbling - player w/o ball find big, easy spot to receive a pass
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