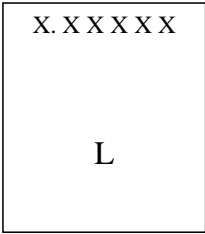
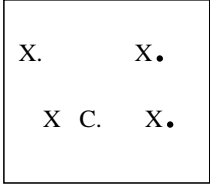
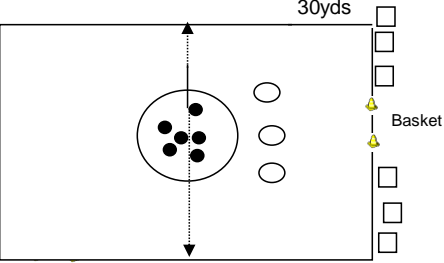
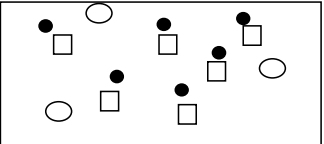
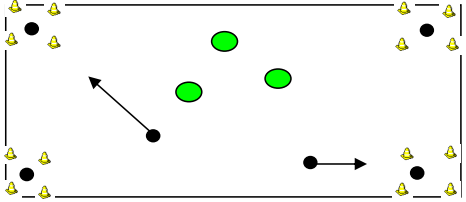


Area sizes planned for 12

Time	1st Activity (Fundamental Warm Up)	ORGANIZATION	KEY COACHING POINTS
10Min	<p>Red Light/Green Light Each player has a ball, except the one player that is designated as the "light". Lines from start to finish should be approximately 20 - 30 yds.. Players start from the line opposite the "light". The "light" then turns away from the group shouting out "GREEN LIGHT". At this signal, the players start to dribble towards the "light". When the "light" turns back around, calling out "RED LIGHT", players must freeze their bodies and their ball. If the "light" catches players or a ball still moving, that player must take 5 steps back. The first player to cross the line where the "light" is standing is the winner and becomes the new "light".</p>	<p>20yds</p>  <p>15yds</p>	<p>You can start the game without using balls for younger players, then have them roll the ball with their hands, then use their feet.</p> <p>Introduce and explain why it is important to change speed after move is done.</p>
10Min	<p>Ouch All have ball in grid. Kids dribble around the grid and try to hit the coaches with their ball. Every time you get hit yell, "Ouch!". As they get better increase your pace, then working on changing your pace as well as theirs.</p>	 <p>15yds</p> <p>20yds</p>	<p>Dribbling technique. Remind them to change their pace as well as to play the ball where you're going not where you are or have been.</p>
15Min	<p>Egg Hunt All of the balls start in the center circle. The players are trying to get the eggs(balls) from the circle to the basket(a goal) without being frozen. Choose 2-3 players to be "it". They can be everywhere but inside the circle. (the circle is "safe") The players who are not "it" start on the end line by the "basket". When the coach yells "Go!" they can try and dribble, or pass the balls to the goal. If they get tagged they must freeze and leave the ball where it is. Encourage them to pass it before they get tagged. If they miss the goal or the ball goes out of bounds they must pick the ball up in their hands and carry it to the center circle to start again. Once everyone is frozen or the eggs are all in the basket choose new taggers. To get unfrozen a player must kick a ball through their legs.</p>	<p>30yds</p>  <p>Basket</p>	<ul style="list-style-type: none"> -Look for good passing -Look for turns -Start to organizing spaces -Look to start spreading players out.
10Min	<p>Hit the Bunny 2/3 of the group is in the box with a ball. They are trying to kick their ball into the bunnies. 1/3 of the group has a pinney on and stands in the box. The group with the pinnies are the bunnies. They are trying to run around the grid without getting hit with another person's ball below the waist. If they get hit they are out. When all the bunnies have been hit, switch bunnies.</p>		<p>Encourage change of pace and playing the ball where the player is running to, not where they've been.</p>
15Min	<p>Running Bases Each player will need a ball, except those that have been designated as "It". Players that are "It" need to carry a colored pinnie or flag in their hand. Players with a ball try to dribble without being tagged. If they are, they exchange places with the "tagger" (The "tagger" hands the pinnie to the dribbler and takes their ball). Dribblers are safe in one of the designated bases. Only one player is allowed in a base at a time. if a new player enters a base, the old player must leave the base.</p>		<p>Add "taggers" when the players find the game to be easy.</p> <p>It seems about right to have one base for every 3 players, but, this number can be adjusted either way to make the game constantly interesting.</p> <p>This game can also be played by only allowing the "tagger" to "get" someone by kicking their ball away, not just "tagging" the person.</p> <p>Experiment with different combinations of "taggers" and bases to keep the players engaged.</p>