

Time	1st Activity (Fundamental Warm Up)	ORGANIZATION	KEY COACHING POINTS
10Min	<p><b>Chain Gang</b> The first player dribbles the ball around the cone and back to their teammates. They link arms with a second player and dribble the ball around their cone and back to their team. They continue until all of the players are in the chain. If they break a link they have to take the current chain and begin again. (i.e. if there are 3 players and the chain breaks the 3 players begin again)</p>		<p>Focus on: working together, balance, keeping the ball close.</p> <p>Do it twice but flip the order so the last player now goes first.</p> <p>Add another ball to make it more challenging.</p>
10Min	<p><b>Pirates of the Caribbean</b> Name the four sides of a square after the parts of a ship. You can use different colored cones to help them remember. The "pirates" dribble around the box and the captain (coach) yells out a side of the ship. They must dribble to that side and stop the ball close to the line. Introduce skills by calling out: "Scrub the Deck" = Foundation "Climb the Ladder" = Toe touches "Clear the Deck" = Try and use their feet to get the ball off the ground "Hit the Deck" = Jump to their bellies as fast as they can "Captain's coming" = Salute the captain</p>		<p>Basic Ball Control Memory Changing Direction Ball Familiarity</p>
10Min	<p><b>Cats and Mice</b> Put all of the balls in the middle of a circle. Make half of the players "Cats" and the other half "mice". Number the Cats and the Mice. Call out a number. The cat has to run around the circle and back to their spot while the mouse tries to dribble as many balls back to their spot before the cat get back to their spot.  After a while call two numbers at a time.</p>		<p>-Keep their heads up -Change of pace -Keep the ball close</p>
10Min	<p><b>Zombie Attack</b> Split the group in half. The group with the balls are the zombies. The group without the ball is trying to get to the other side of the box without getting tagged. The Zombie's can not tag anyone unless they have possession of the ball. If a runner gets tagged they go and get their ball and become a Zombie. (This is like inside-out Bulldog)  Once everyone has been tagged then switch teams.</p>		<p>-Encourage individual skill. -Change of direction -Pace of Play</p> <p>-Make sure you create a small enough grid so it is difficult for the runners to navigate through.</p>
10Min	<p><b>Four goal game</b> The player are allowed to score at any goal. There are several ways to play the game: *Individually with several balls going at once *With partners also with several balls at once *With two, three or four teams and one or two balls.</p>		<p>*Players WILL bunch up. We are looking for two results: *players use footskills to get out of tight pressure *players learn to spread out and be patient Let them discover on their own-encourage footskills</p>