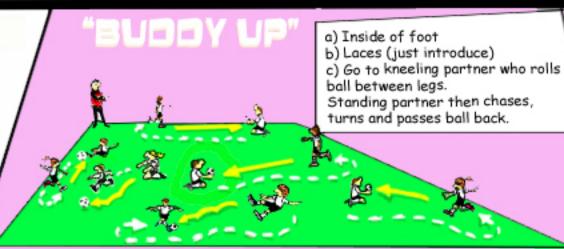


Players are in pairs, each pair has one ball. One partner kneels/sits and rolls ball to their partner. The partner standing then passes ball back to the kneeling partner and then goes to a new person.



Introduction to mechanics of striking the ball Note: Don't get too caught up with them using their laces.

Can they get it back to the kneeling partner without making them move?

Divide team into two teams. Each team goes to<u>ca ha</u>lf. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach.

The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time.

Two goals are placed on the ends. Two teams of 4-6. Each team is

attacking a goal and defending a goal

Two teams each take a place behind

the goals. The coach will yell out a number of players and a direction

like "2 Right"

Variation: Require a pass to be made to a teammate before the ball can be struck back to the other half.

Introduce mechanics of striking the ball Strike the ball for a purpose. They should be trying to strike the ball where the other team can't get it back quickly.

Two players from each team run by the right side of the goal and then come in. The coach can call any number and direction. After the coach yells out a number and a direction, they roll in a ball for the players. Play for time or a certain amount of points.

> Scoring goals Concept of parallel play





No goalkeepers



