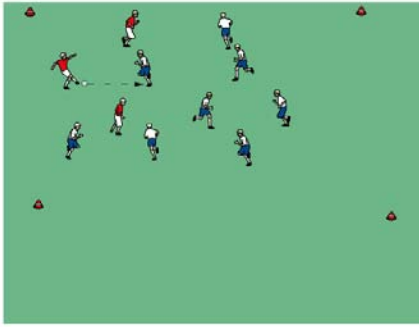
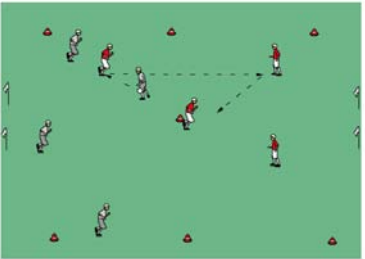
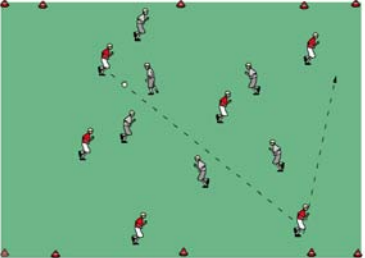


## “After we win the ball”

Age Groups: U12 and up

<p><b>Warm-up</b></p> <p>Put the entire group inside a playing area. 3-4 players start off with the ball and wear pennies/bibs. Have pennies/bibs and balls around the area. The players who have a ball try and work together to “hit” a player below the knees. When a player gets hit, they join the team that has the ball. Progress along for time or until a group remains.</p>		<ul style="list-style-type: none"> <li>• Passing</li> <li>• Receiving</li> <li>• Shape</li> <li>• Thinking ahead!</li> <li>• Quick passing</li> <li>• Can you find the farthest player?</li> <li>•</li> </ul>
<p><b>1<sup>st</sup> Activity</b> <b>4v2 transfer box</b></p> <p>Two teams of 4. A small goal is placed on the outside of the grids. The object is to win the ball and then score a point by either scoring a goal or keeping possession for 5 passes.</p>		<ul style="list-style-type: none"> <li>• Transition from defense to attack</li> <li>• Transition from defense to attack</li> <li>• Can you score after winning the ball back?</li> </ul>
<p><b>2<sup>nd</sup> Activity</b> <b>6v6 Endzone Game-Game</b> played to endzones, however an extra point is scored when ball is played to a player running in and then they play another player who has run into the endzone.</p>		<ul style="list-style-type: none"> <li>• Transition from defense to attack</li> <li>• Transition from defense to attack</li> <li>• Can you score after winning the ball back?</li> <li>• Importance of other players joining in.</li> </ul>
<p><b>Game</b></p> <p><b>Match with bonus points</b></p> <p>Play a normal game to goals but halfway is marked. If a team scores after winning the ball back before the defending team has their players back then 2 points is scored. (Emphasize transition)</p>	