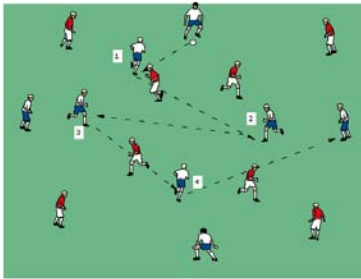

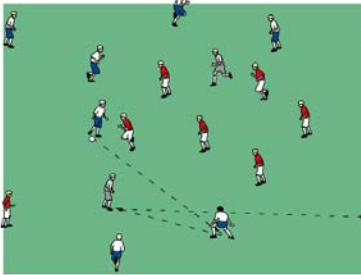


“Playing Around The Ball”

Age groups U12 and up

<p>Warm-up Numbered Passing</p> <p>Two groups of 7-8 players. If 8 players, put 4 on outside (circle) and 4 on inside. Four players of the same colored vest number themselves 1-4. One red and one blue player has a ball. Red #1 receives a pass from outside red player then passes to red 2, red 2 to red 3, red 3 to red 4 and red 4 passes to someone on outside. Red 1 then receives ball from that player and repeats the sequence. After a bit, add a second ball. Rotate the players on inside and outside</p>		<ul style="list-style-type: none"> • Passing to correct foot • Accuracy and pace of passes • Receiving-vision • “Fast” passing • If done correctly, players should be playing 1-2 touch.
<p>1st Activity 3v3+1 Two teams of 3 and one neutral-play to endzones</p>		<ul style="list-style-type: none"> • Keep the ball moving • “Hidden” passes (disguise) • “Fast” passing • Support early • 1 touch
<p>2nd Activity “No Turns Allowed”</p> <p>Two teams of 6-8. 1-2 targets on each end opposite of each other. Each team puts 4-5 players in middle and there are 1-2 neutral players. Object is to get the ball from one target to the other. Rule:</p> <p>“Can’t physically turn With Ball”. If turn then other team gets the ball.</p>		<ul style="list-style-type: none"> • Technically-Passing/Receiving • Thinking one pass ahead • Play the way you face • Preparation of body before receiving the pass. • Longer passes-keeping the foot “up”.

6v6-8v8

