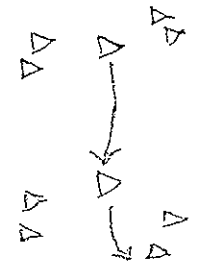
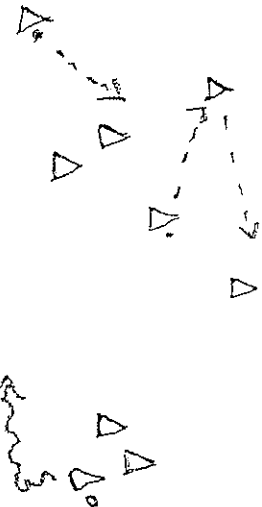
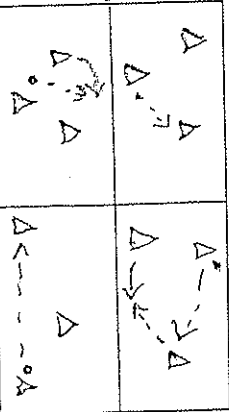
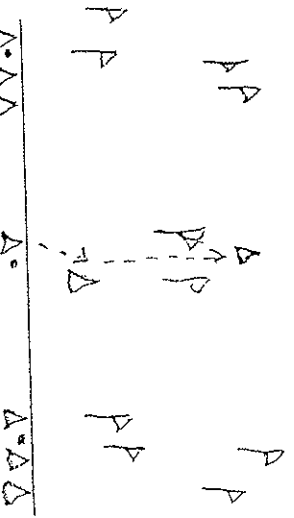
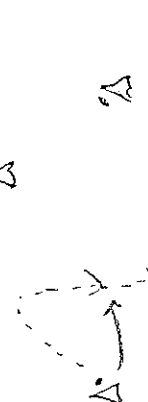
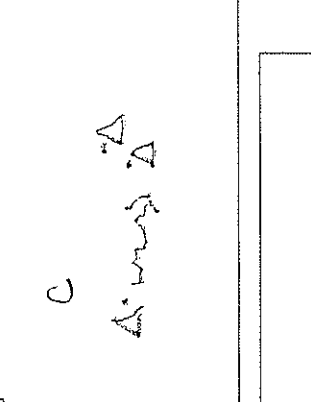
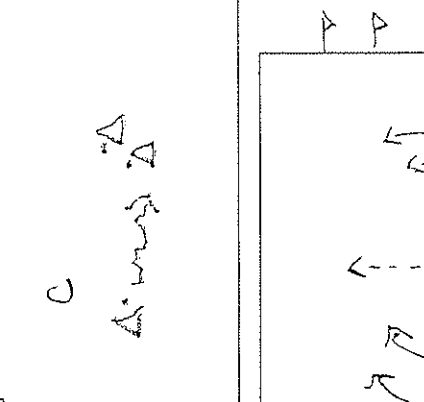
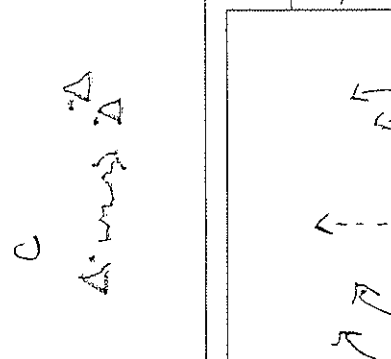


U 10 - Passing – Playing In 3s	ACTIVITY	DIAGRAM	Phil Johnson - MYSA
<p>1. Two Is Company, 3's A Crowd</p> <ul style="list-style-type: none"> * Pairs lock elbows. * One pair plays tag. * The one being chased may attach to any nearby elbow to escape being caught. * Out pops another player to be chased. * Locking elbows makes runners safe. 		<p>COACHING POINTS</p> <p><i>Body Awareness, Warm-up</i></p> <ul style="list-style-type: none"> * Balanced running. * Change of direction. * Keep vision up. 	
<p>2. Friendly Challenge</p> <p>Threes Passing: Pass and Move.</p> <ul style="list-style-type: none"> * Coach calls "hold!". Player with the ball keeps possession. * Keep away from the other two. * If you steal the ball, keep possession. * Coach calls "stop!". Players without the ball, do 5 pushups. 		<p><i>Body Awareness, Fitness</i></p> <ul style="list-style-type: none"> * Get a passing rhythm. * Move quickly to steal the ball. * Shield with strong balanced body. 	
<p>3. Passing In and Out – 3s</p> <ul style="list-style-type: none"> * 3's passing in a small grid. * Pop out – short, short, long passing. * Alternate – Pass out to an adjacent grid. * Pass out – dribble in. Ball and players change grids each time. * Can you "paint the field" or "click the mouse"? * Combine groups passing with two balls. 		<p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> * Start slow – get organized. * Communicate with voice. * Anticipate the pass. * Move into space. * Face the ball. 	
<p>4. Gates Passing – 3s</p> <ul style="list-style-type: none"> * Threes passing – pass in 1-2-3 order through the gates. Pass and move. * Two-way goals. Only ball goes through * Count the gates. * Double pass each gate. * Same colored gates only. * Every other gate, dribble through. * Combine teams. 		<p><i>Decision-Making, Maze</i></p> <ul style="list-style-type: none"> * Plan your path and order. * Be prepared to change. * Listen to teammates. * Quick passes, turns and runs. 	

U 10 – Passing – Playing in 3s	ACTIVITY	DIAGRAM	COACHING POINTS	Side 2
<p><u>5. Magic Hop</u></p> <ul style="list-style-type: none"> * Bring high to low. * Each player toss a ball up and away. * Run through the ball. Control the dribble. * Inside and outside of foot. * Sole of foot. 		<p><i>Balance, Timing</i></p> <p>Keep feet low. Let the ball hit the ground first. Get over the ball. Timing is the short hop. Be aggressive.</p>		
<p><u>6. Math Dribble</u></p> <ul style="list-style-type: none"> * Each player dribbles around in a tight space. * No contact. * Use variety in moves and direction. * Coach calls number “three”. * Players quickly group in 3s. * Hands on shoulders, balls in the middle. * Repeat. End with numbers for two teams 		<p><i>Maze, Body Awareness, Reaction</i></p> <ul style="list-style-type: none"> * Vision * Show magic. * Stop and start. * Avoid contact. * Keep ball close. * Listen and respond quickly. 		
<p><u>7. Sayonara</u></p> <ul style="list-style-type: none"> * Two teams – lined up on the sideline. * Coach rolls ball out. * First two race out to compete to score. * Ball out of bounds- new ball and players. * Groups of 2, then 3 at a time. 		<p><i>Target, Decision-Making</i></p> <ul style="list-style-type: none"> * Cross the line only when the ball is served. * Look to score quickly. 		
<p><u>8. 5 v 5 Four Goal Game.</u></p> <ul style="list-style-type: none"> * Two teams. Score on two goals. * Ball out on end-line, kick in for defense. * Ball out on side-line, hustle rule. 		<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> * Change directions quickly. * Use space. Make it big for offense. * Squeeze space. Make is small for defense 		