

ACTIVITY	DIAGRAM	COACHING POINTS
<p><b>1 Universe Movement</b>  <b>Dribbling</b></p> <ul style="list-style-type: none"> <li>* Each player with a ball. Dribble around coach. Coach is the Sun, players are planets.</li> <li>* Focus on turns &amp; magic. Name moves by players.</li> <li>* Avoid all contact. Close control.</li> </ul> <p><b>Passing</b></p> <ul style="list-style-type: none"> <li>* Partner Passing – keep coach in the middle. Coach can steal. No asteroids can hit the Sun.</li> </ul>		<p>Maze, Decision-Making, Body Awareness</p> <ul style="list-style-type: none"> <li>* Dribble at controlled speed.</li> <li>* Be comfortable with the ball.</li> <li>* Vision up. Avoid contact with other dribblers.</li> <li>* Change direction and make turns sharp and quick.</li> <li>* Listen and follow directions.</li> <li>* Pass firm ground passes.</li> <li>* Pass to partners feet.</li> <li>* Keep ball moving. Call and move for the ball.</li> </ul> <p><b>Decision-Making, Target</b></p> <ul style="list-style-type: none"> <li>* Listen and follow directions quickly.</li> <li>* Build teamwork.</li> <li>* Communicate</li> </ul>
<p><b>2. Bring the Ball Back – Pairs</b></p> <ul style="list-style-type: none"> <li>* Circle the coach. Partners – one ball.</li> <li>* Bring ball back using hands &amp; feet.</li> <li>* Score through small goal or Coaches legs.</li> <li>* Creative co-operation.</li> </ul>		<p>Maze, Decision-Making</p> <ul style="list-style-type: none"> <li>* Show your dribbling magic.</li> <li>* Follow closely with your dribble.</li> <li>* Copy dribbling moves of your partner.</li> <li>* Use all parts of your feet keeping close control.</li> <li>* Head up.</li> </ul>
<p><b>3. Shadow Dribble</b></p> <ul style="list-style-type: none"> <li>* Pairs – each with a ball.</li> <li>* Dribble follow each other.</li> <li>* Engine and caboose. Show variety in dribble.</li> <li>* Switch roles.</li> </ul>		<p>Maze, Body Awareness, Decision-Making</p> <ul style="list-style-type: none"> <li>* Keep ball close.</li> <li>* Look around, vision up.</li> <li>* Stay balanced. Close control.</li> <li>* Be ready to change directions &amp; stop quickly.</li> <li>* Find space for passing.</li> <li>* Pass through the crowd.</li> <li>* Communicate to avoid stolen pass.</li> <li>* Pass to feet, firmly and on the ground.</li> </ul>
<p><b>4. Hospital Tag</b>  <b>Dribbling</b></p> <ul style="list-style-type: none"> <li>* Each with a ball.</li> <li>* Two chasers – diseases.</li> <li>* Each player has two “band aids” – hands.</li> <li>* When tagged, put on a band aid.</li> <li>* On third tag, go to the hospital. Dr. Phil</li> <li>* Get the cure, “step ups”. Back in the action.</li> </ul> <p><b>Passing</b></p> <ul style="list-style-type: none"> <li>* Partner passing. If ball is intercepted, go to the hospital. Cure – pairs heading, juggling.</li> <li>* If tagged pass with weakest foot only or one touch.</li> </ul>		<p>Maze, Body Awareness, Decision-Making</p> <ul style="list-style-type: none"> <li>* Keep ball close.</li> <li>* Look around, vision up.</li> <li>* Stay balanced. Close control.</li> <li>* Be ready to change directions &amp; stop quickly.</li> <li>* Find space for passing.</li> <li>* Pass through the crowd.</li> <li>* Communicate to avoid stolen pass.</li> <li>* Pass to feet, firmly and on the ground.</li> </ul>

Run → Pass - - - - - →

Dribble ~~~~~

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<p><b>5. Gates – Dribbling / Passing</b></p> <ul style="list-style-type: none"> <li>* Set up – Two cones each. Spread them out.</li> <li>* From start line, run through the gates.</li> <li>* Dribble ball through cone gates.</li> <li>* Coach calls “go” and “stop”.</li> <li>* Count number of gates you go through.</li> <li>* Pass to a partner through the gates.</li> <li>* Options: Pass through alternate colors.</li> <li>* Close the gates – coach steps into gates.</li> <li>* Pass through gate then dribble through next.</li> </ul>		<p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> <li>* Dribble and change directions quickly.</li> <li>* Vision up.</li> <li>* Passing with partner by moving into space.</li> <li>* Make a plan.</li> <li>* Communicate to partner with the ball.</li> <li>* Pass and move. Look for open gates.</li> <li>* Encourage each other.</li> <li>* Solve problems together.</li> </ul>
<p><b>6. Math Dribble</b></p> <ul style="list-style-type: none"> <li>* Dribble around the coach.</li> <li>* Coach calls “four”.</li> <li>* Players group in 4s. Put balls in the middle.</li> <li>* Call “three”, Players group.</li> <li>* Now you have the groups for the next game.</li> </ul>		<p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> <li>* Keep ball close.</li> <li>* Listen and follow directions.</li> <li>* Pass accurately in a crowd.</li> </ul>
<p><b>7. Eagles Nest</b></p> <ul style="list-style-type: none"> <li>* Four teams, four nests.</li> <li>* All the balls in the middle.</li> <li>* Object is to gather balls “eggs” into your nest.</li> <li>* Make it gradually look like soccer with each game.</li> <li>* Coach calls “stop”. Count eggs in each nest.</li> <li>* Options: Keep one “eagle” in the nest. Scatter balls all around. Put high point value on the “golden egg”.</li> </ul>		<p><i>Decision-Making, Target</i></p> <ul style="list-style-type: none"> <li>* Keep ball close. Shield your possession.</li> <li>* Listen and follow directions.</li> <li>* Pass accurately in a crowd.</li> <li>* Make a team plan. Communicate.</li> </ul>
<p><b>8. 4 V 4 to Two Goals</b></p> <ul style="list-style-type: none"> <li>* Two teams go to two goals.</li> <li>* Play regular game.</li> <li>* Defenders ball – when ball is out on the endline.</li> <li>* Hustle Rule in play when ball is out on the touchline</li> </ul>		<p><i>Target, Decision-Making, Maze</i></p> <ul style="list-style-type: none"> <li>* Close control dribbling.</li> <li>* Passing to partners feet or space.</li> <li>* Look to pass forward.</li> <li>* Seek a chance to shoot.</li> <li>* Make space big [spread out] when you have the ball.</li> </ul>