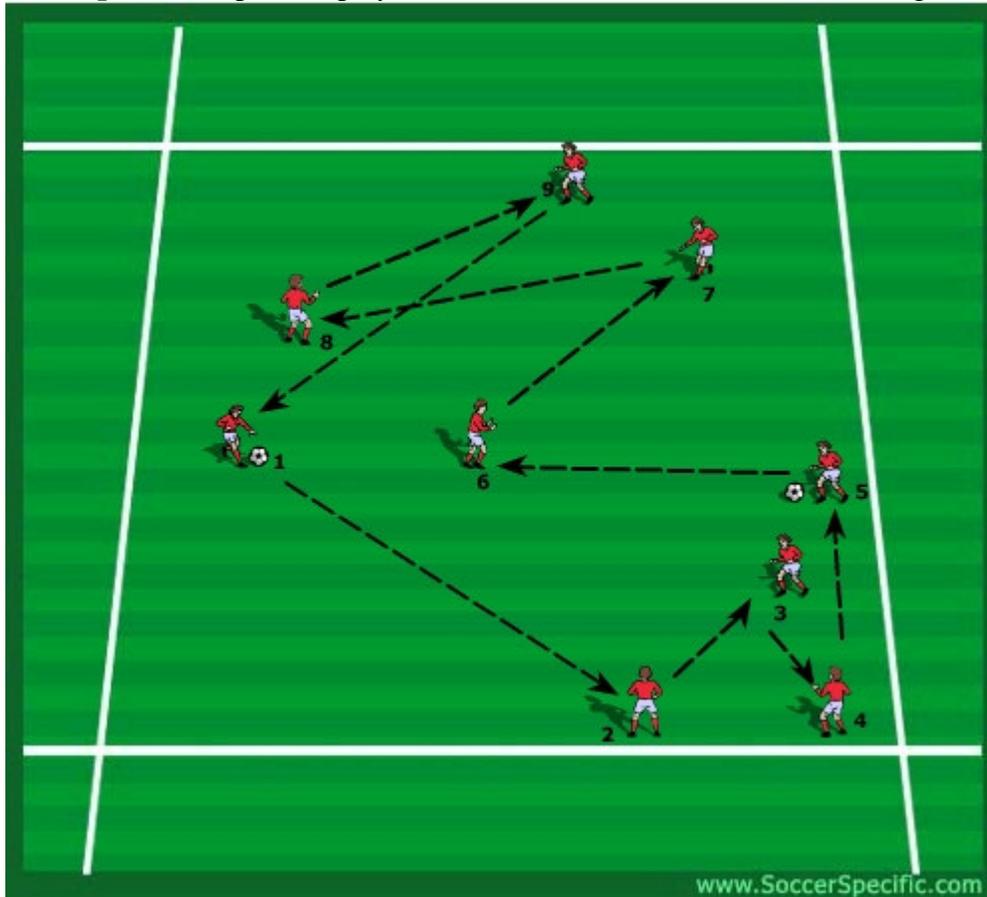


## Count It Out

**Emphasis:** Improve a player's field awareness while communicating and developing passing skills.



**Set-up:**

Players are to be numbered 1- 18 or however many players you have on your squad. Two or three balls are adequate depending on the player's skill level. Players randomly spread out while remembering their numerical order.

**Objective:**

To become a better passing team thru ball striking and movement on and off the ball.

**Progression:**

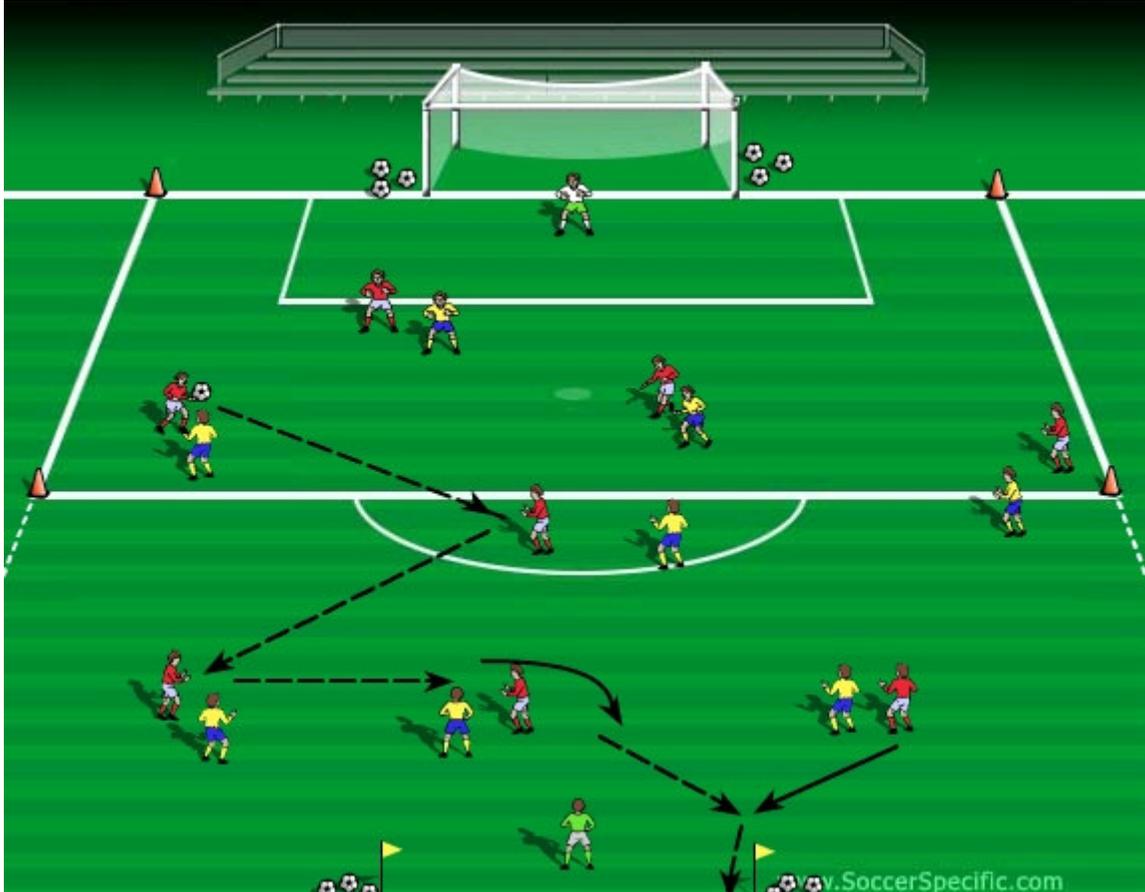
1. Players #1 and #5 start off with the ball. The ball is passed from player to player based on the next sequential number.
2. One may start this exercise off in the player's hands in order to insure the exercise doesn't break down.
3. A coach may add more balls evenly spaced within the team. Example #1, #9, #16
4. Add touch limitations to the exercise to increase the difficulty.
5. Remember that one touch is to enhance a teams ability to pass, two touches restriction emphasizes a players preparation touch and passing, three touches emphasizes receiving, passing and dribbling.

**Coaching Points:**

- Communication between teammates
- Timing of the runs
- Good vision
- Locking the ankle
- Follow thru to the target
- Accuracy of the pass
- Good preparation touch
- Weight of the pass

## Team Handball

**Emphasis:** Fun game! Speed of thought, quick reactions and communication.



### Set-up:

Form two equal teams with a goal on each end of the grid. Create a grid approximately 44 yards wide x 36 yards long. One ball is needed.

### Progression:

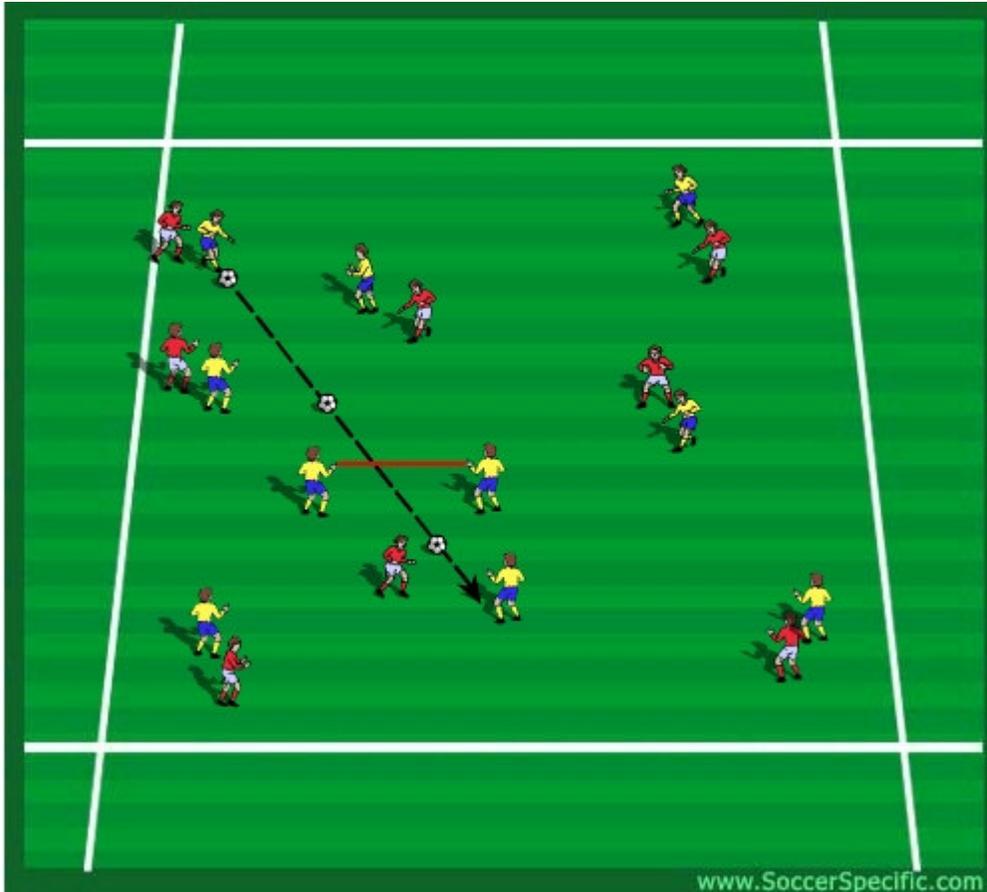
1. Players pass the ball by use of their hands.
2. Once a ball drops to the ground play is dead and it automatically becomes the other team's ball.
3. Players are allotted only two steps with the ball before they must pass it to a teammate.
4. Goals must be scored by heading it into the net.

### Coaching Points:

- Communication between teammates
- Be aggressive and take players on
- Possess the ball
- Concentrate on finishing opportunities
- Quick decision making

## Moving Goal

**Emphasis:** Players combining with teammates to score.



### **Set-up:**

Two players hold a scrimmage vest between them. Each player holds the vest tight with one arm forming a goal. The players are allowed to walk at a steady pace changing directions on a whim, making it a bit of a challenge for both teams to score. Divide the rest of the players into two equal teams. Change goal posts every three minutes. Only one ball is needed.

### **Objective:**

To combine with teammates and to score goals.

### **Progression:**

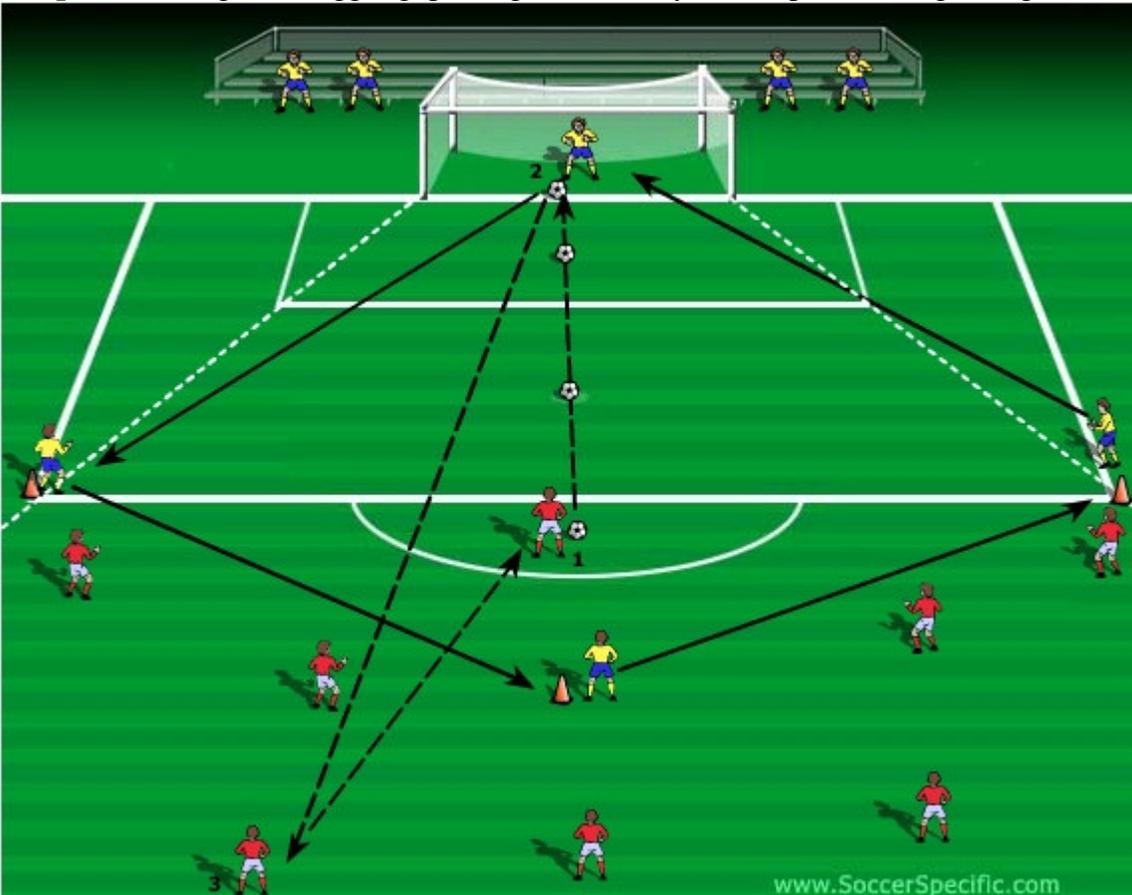
1. Players may only score by passing the ball through the goal which is then received by a teammate on the other side of the goal. A pass that is intercepted on the other side of the goal does not count as a goal.
2. If you score a point by making a goal, the team that scored must first pass it to another teammate before they can attempt to score again.

### **Coaching Points:**

- Communication between teammates
- Field awareness is critical
- Possess the ball
- Concentrate on accurate passing
- Go to meet the ball
- Support your teammates by giving good angles
- You must win the ball back quickly when you don't have it

## Defenders Dual

**Emphasis:** Fun game! Juggling, passing for accuracy, development of leg strength, and decision making.



**Set-up:** Divide players into two equal teams. Place cones out for bases on each corner of the 18 yard box forming first and third base. Place a third cone for second base 30 yards directly out from the goal. One ball is needed.

### Progression:

1. Each team is up for three outs.
2. The pitchers mound is the top of the 18 yard box in the "D".
3. Two strikes constitute an out.
4. A strike is any pitch that has been passed by the pitcher on the ground that ends up in the goal.
5. A foul ball counts as a strike.
6. Players can be called out in one of four ways. Example Player #1 pitches a ball to Player #2 who kicks the ball into the outfield. The opposing team player #3 takes it out of the air and juggles it twice for the out. The second way is the ball must arrive back to the pitchers mound before the man has reached first base as in the example of player #3 who is passing it back to the pitchers mound. The third way is passing the ball into the net over the goal line before the player on third base has crossed the goal line. Finally, the fourth way is to hit the player with the ball by passing it at them prior to them arriving on base.
7. At no time can anyone use their hands. Feet only.

### Coaching Points:

- Improve communication between teammates
- Juggling
- Accuracy of passing
- Decision making