



Ball Skills (35 mins)

Activity A: 12 Ball Mastery Skills

Organization: 5x5 yard area and 1 ball

Description: Perform the 12 different ball skills shown in the video.

Duration: Perform each skill for approximately 30 seconds and then rest for 1 minute. Go through the 12 skills twice for a total of 15 minutes.

Coaching Tips: It is not a race. Work to get your technique correct and then increase your pace.

Video: <https://www.youtube.com/watch?v=5I7A8H96MIA>

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Activity B: 5 Great dribbling moves

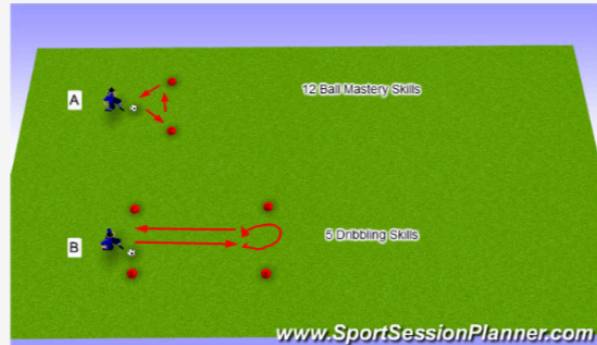
Organization: 5x10 yard area. Two cones or markers

Description: Begin dribbling and perform individual move shown in the video and accelerate to the end marker. Turn and repeat in opposite direction.

Duration: Perform each of the dribbling move for for 1 minute each and then rest for rest. Go through each of the skills 4 times for a total of 20 minutes

Coach Tips: Keep the ball close to your foot and have your body over the ball. After you perform the move quickly accelerate your speed to the end marker

Video: https://www.youtube.com/watch?time_continue=85&v=Alhnm3YtO4&feature=emb_logo



Core Fitness (10 mins)

Activity A: Core Fitness Exercises

Organization 3x3 yard area. Grass, carpet or mat.

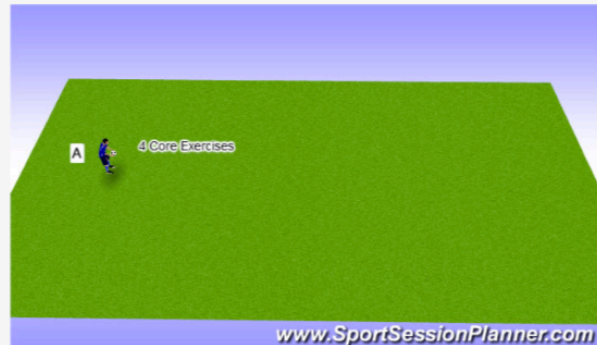
Description: On a flat area perform each of the core fitness exercises utilizing the ball

Duration: 1 minute for each exercise and then rest for 30 seconds. Repeat once more for a 10 minute core workout.

Coaching Tips: Perform exercises slowly and with control. Do not hold your breath

Video: <https://www.youtube.com/watch?feature=youtu.be&v=dwxNXTizVTs&app=desktop>

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Core Value (10 mins)

Activity A: Top 10 Goals from the 2018 Men's World Cup

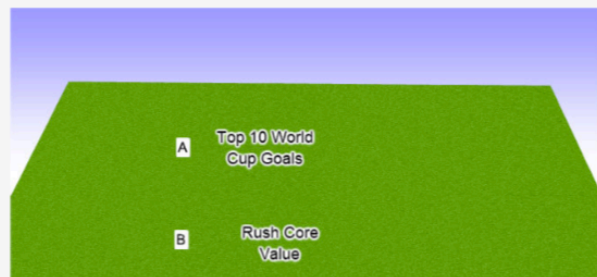
Description: Watch the Top 10 Goals from the 2018 Men's World Cup and send your coach an email of which is your favorite and why?

Video: <https://www.youtube.com/watch?v=Vw34wMAqWzc>

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Activity B: Rush Core Value - ENJOYMENT

Description: What do you enjoy most about being part of Rush? Send your response to your coach



Video Links

Ball Skills

- A) <https://www.youtube.com/watch?v=5I7A8H96MIA>
- B) https://www.youtube.com/watch?time_continue=85&v=Alhnmd3YtO4&feature=emb_logo

Core & Fitness

- A) <https://www.youtube.com/watch?v=5D65TzOqhQ4>

Core Value

- A) <https://www.youtube.com/watch?v=5D65TzOqhQ4>