

① INTRO MEET @ HOGWARTS START 8:00 AM
& 9:30 AM

FUN WARM UP - SIMON SAYS

RUN BY UK COACHES.

② SPLIT INTO 4 GROUPS (ROTATE EVERY 10-15 MINS) 8:15 & 9:45
RAVENCLAW YOGI'S LUNCH 20x30 GRID

HUFFLEPUFF TROLL GAME 30x40 GRID

GRYFFINDOR JURASSIC PARK 20x20 GRID

SLYTHERIN MUSICAL BALLS 20x20 GRID

③ RETURN TO HOGWARTS 8:45 & 10:15

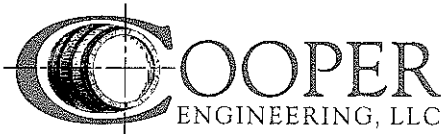
- SPLIT INTO TEAMS 3 V 3

Vests to one team. (Add extra's to make 4V4 AT MAX)
(boys + girls separate)

3 V 3 SCRIMMAGES

④ FINISH AT HOGWARTS

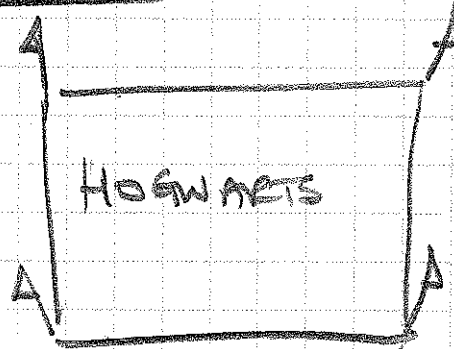
FINISH 9:20 AM
& 10:50 AM



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Project AYSD US Page of
Description SESSION # 3 / #4
Name: FIELD LAYOUT Date: 9/24/05
e-mail: cooperengineeringllc@cox.net

LAYOUT



RAVENCLAW
20 x 30

HUFFLEPUFF
30 x 40

SLYTHERIN
20 x 20

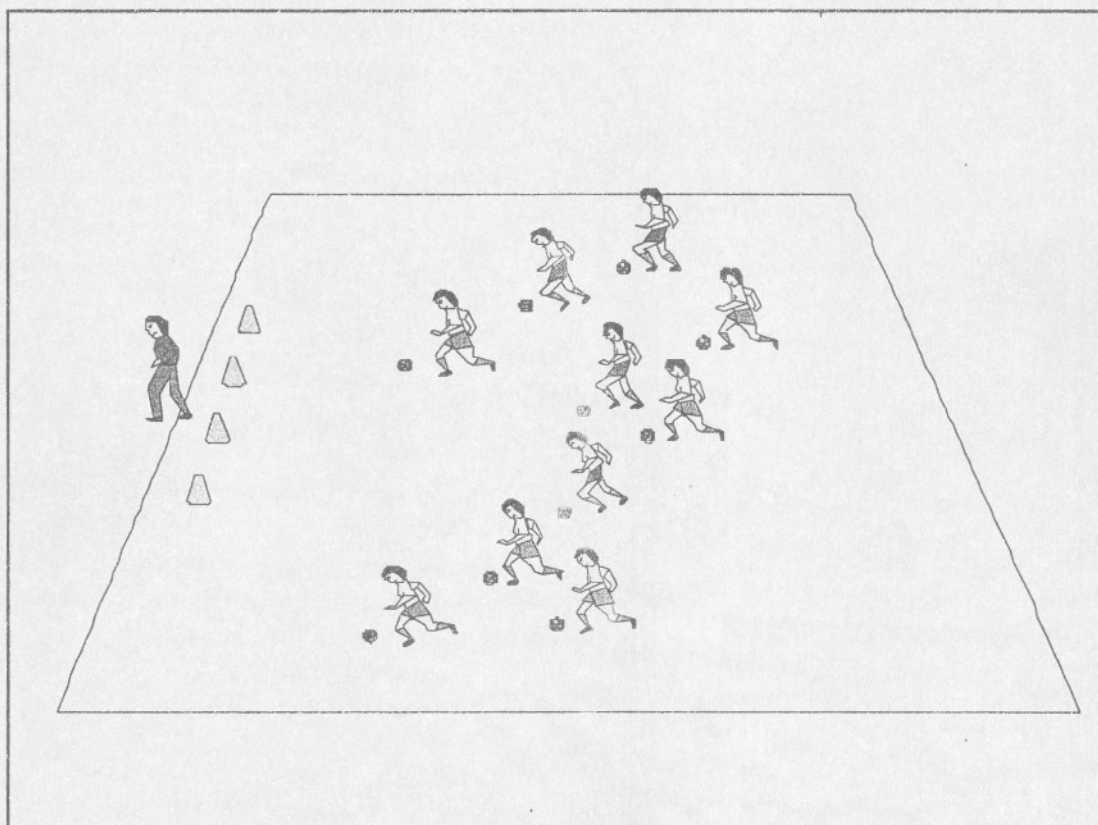
GRYFFINDOR
20 x 20

Control/Turning Game 6: YOGI'S LUNCH

PURPOSE: To develop close control with speed

ORGANISATION

- Set out a 20 x 30 yard grid. The coach stands on one end line with his back to the players who are spread along the opposite end line. Place four cones behind the coach. Each player has a ball.
- When the coach has his back to the players, they must dribble towards the cones (picnic baskets). When the coach turns round he yells Look Out Yogi!. At this point the players must stop the ball with the sole of their foot. Anyone seen moving is sent back to the start. The coach turns around again.
- The first four players to pick up cones are the winners.



COACHING POINTS

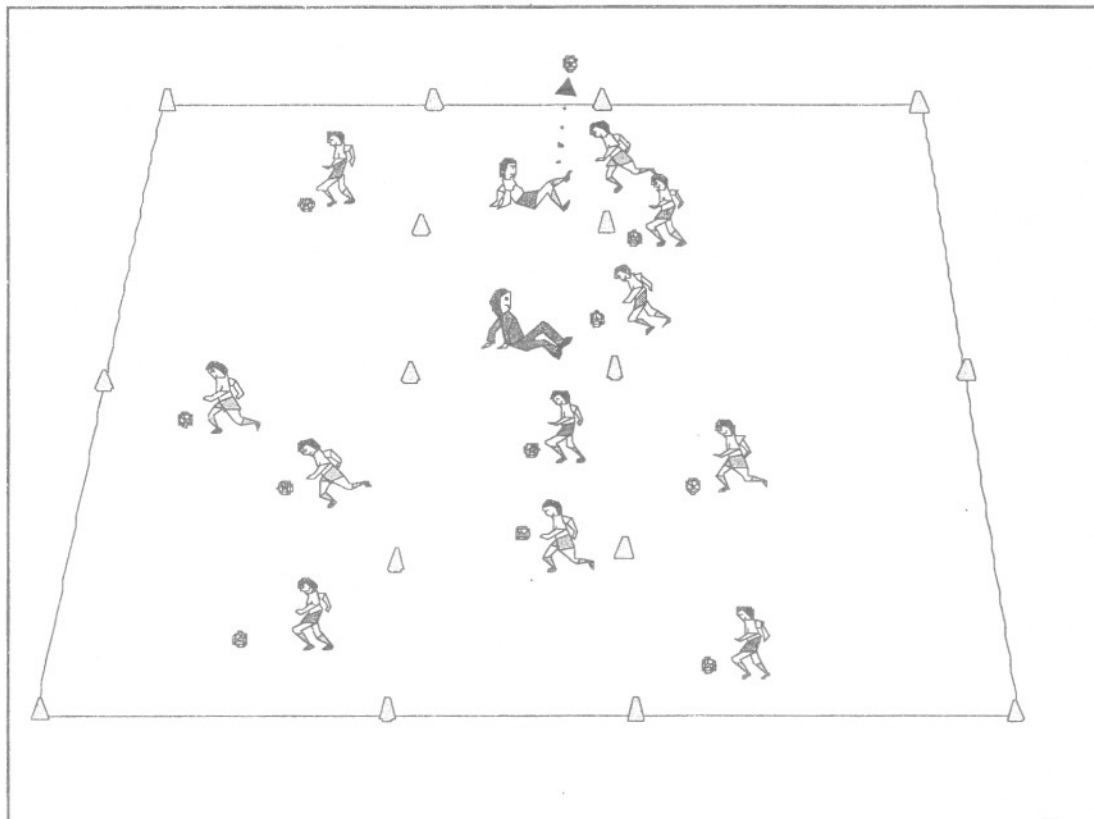
- Keep the ball close finding a balance between speed and control
- Take small frequent touches when dribbling

Dribbling Game 8: TROLL GAME

PURPOSE: To develop dribbling technique

ORGANISATION

- Set out a 30 x 40 yard grid. Across the middle of the grid mark out a channel about 5-10 yards wide. Players should stand on one of the 30 yard lines. The coach must be positioned in the channel crouching on hands and feet.
- The coach is the Troll and he is waiting on the troll bridge for the goats to cross. The players are the goats and they must attempt to dribble over the channel. The troll may only move on both hands and feet, chest facing upwards. The troll may capture goats by either trapping the ball between his legs or by kicking the ball out of the grid. When a goat is captured they must become a troll. All trolls must stay on the bridge at all times.



COACHING POINTS

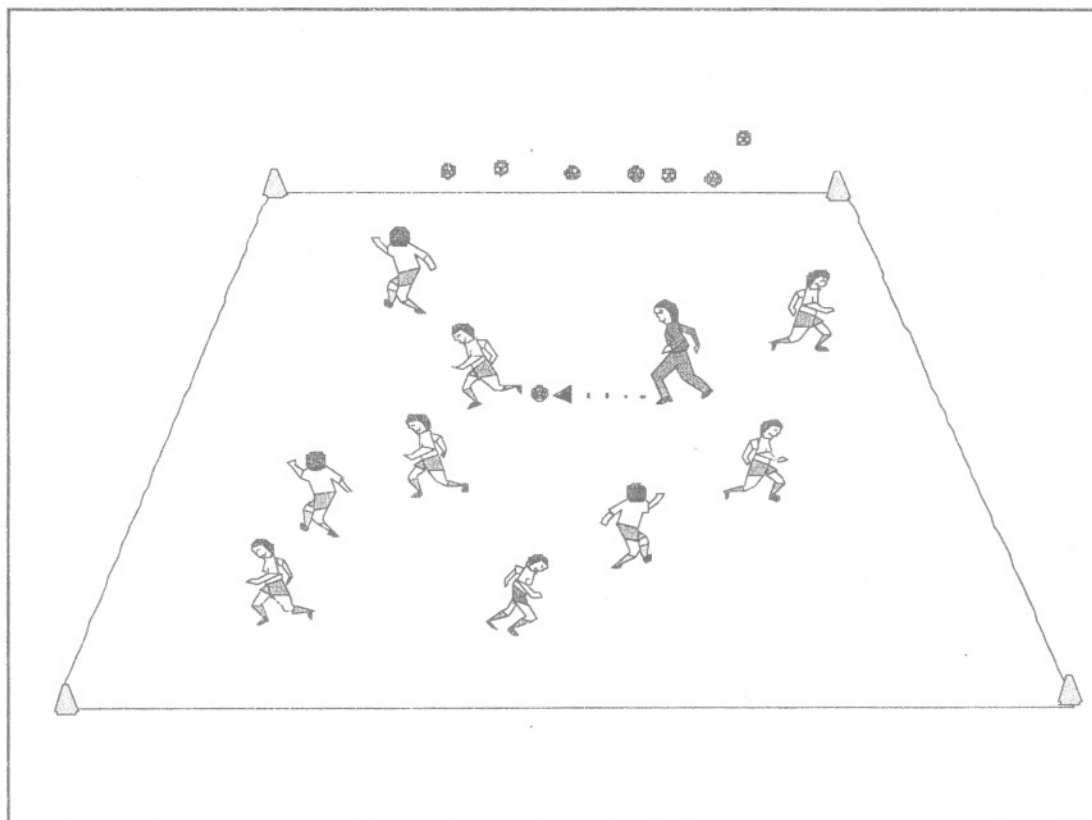
- Dribble in zigzags into the open spaces
- Keep close control of the ball and your head up

Dribbling Game 1: JURASSIC PARK

PURPOSE: To practice dribbling skills

ORGANISATION

- Set out a grid 20 x 20 yards. Each player should find a space inside the grid firstly without a ball. The Coach should be on the outside of the grid ready with a ball to be an active participant. Have some balls ready on the outside of the grid.
- Each child must be a dinosaur and the coach is a catcher attempting to make them extinct. The coach dribbles around the grid chasing the dinosaurs attempting to hit their ball. If a dinosaur is caught they must collect a ball from the outside of the circle and become a dinosaur catcher.
- The winner is the last remaining dinosaur to be caught.
- A progression would be to give everybody a ball so that they must avoid the catchers whilst dribbling with the ball.



COACHING POINTS

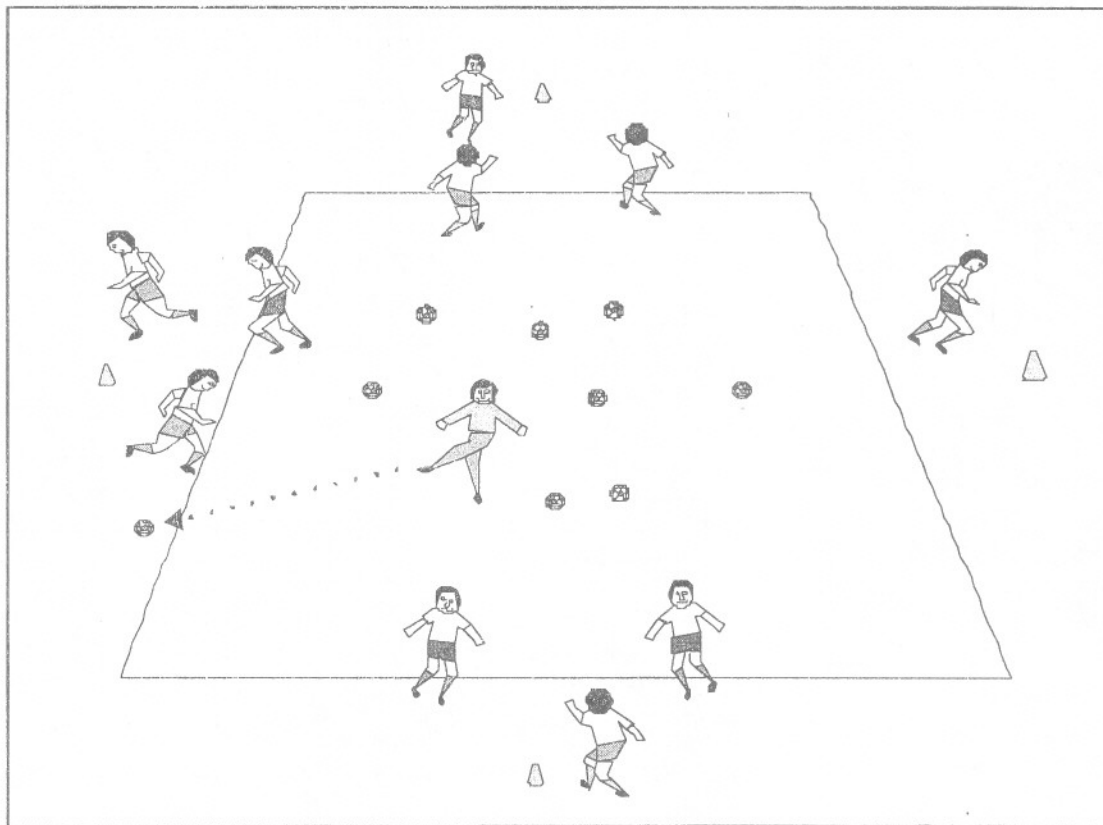
- Take small frequent touches
- Dribble with the laces part of their boots
- Keep your head up

Dribbling Game 5: MUSICAL BALLS

PURPOSE: To practice dribbling and speed

ORGANISATION

- Set out a 20 x 20 yard area. Place 4 cones of equal distance from the perimeter of each side of the grid. Each player must have a ball.
- The coach must sing a variety of songs during this game. When the coach sings the players must dribble around the grid quickly. When the coach stops singing, each player must leave their ball and run around one of the cones outside the grid. The first few times the coach should leave all the balls in the grid but gradually, one ball should be removed at a time. If a player cannot find a ball they are out. The people who are out may be selected to sing a song.
- This is primarily a fun game. Be enthusiastic and imaginative.
- The winner is the last remaining player with a ball.



COACHING POINTS

- Be aware of where the cones are by keeping your head up
- Be on your toes ready to react and change speed and direction