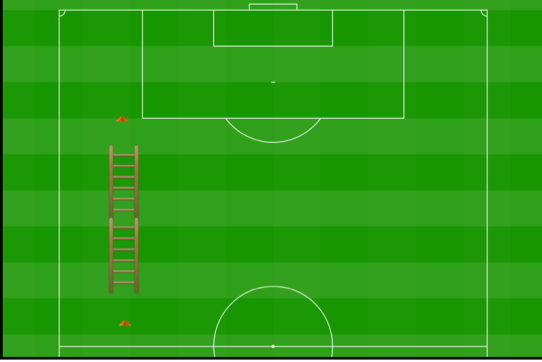


Day 15

Date: 4/27/16, 10:25 AM

Warmup



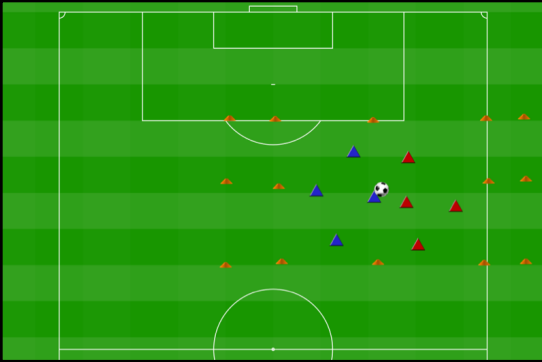
Warm-Up Speed Ladder

Speed Ladder

Speed Ladder. Each one twice. Finish at cone.

1. One Foot In. 2. Two Feet In. 3. Sideways 2 Feet High Knees/Switch Sides. 4. Zig Zags (Ickey Shuffle). 5. Zig Zags Backwards (Ickey Shuffle). 6. Sideways Two Feet In/Switch sides. 7. Boxer Shuffle Sideways. 8. One Foot Hops/Each Foot. 9. Hop Scotch. 10. Hop Scotch Two Feet In Two Out. 11. Two Up One Back

Exercises

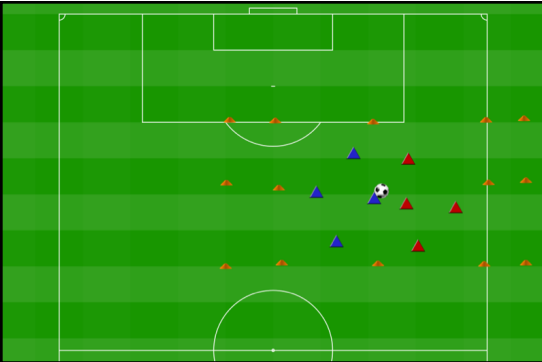


Day 15

Hand ball

4v4 or 5v5 using the whole area with endzones. Players have the ball in their hand and can throw it to teammates or run with the ball and work their way down field to get to the endzone. Teams must pass the ball to another team mate in endzone to get a point. Players can run with the ball, but if a player gets tagged it is a turnover or if the ball hits the ground.

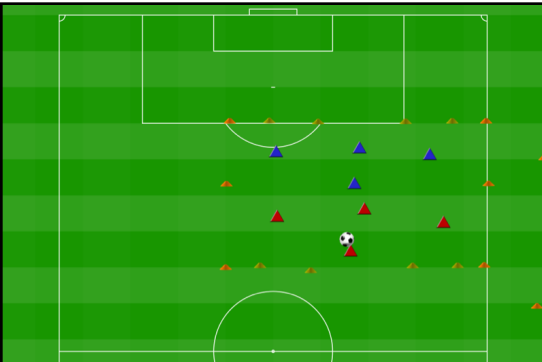
You will see that the players move and call for it a lot more, and run to defend, and explain that this is exactly what they need to do when the ball is at their feet.



Day 15

Possession with endzones

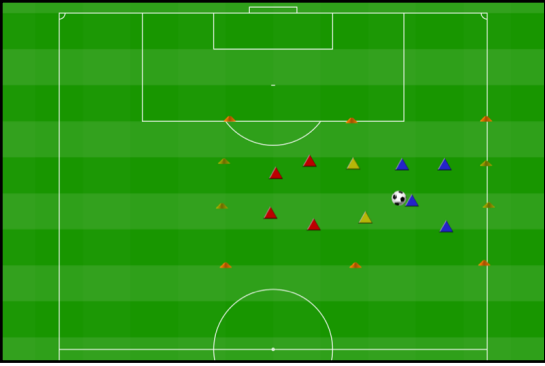
Use the same area and now play with the ball on the ground. Must pass to a player in the endzone to get a point. First to 5 wins.



Day 15

5v5 with 4 goals

Use your area and play side ways with a wide field with 2 goals for each team. Teams can score on either goal, must pick best option to attack and stretch the field wide to create space.



Day 15

4v4 with neutrals

4v4 scrimmage with 1 or 2 neutral.