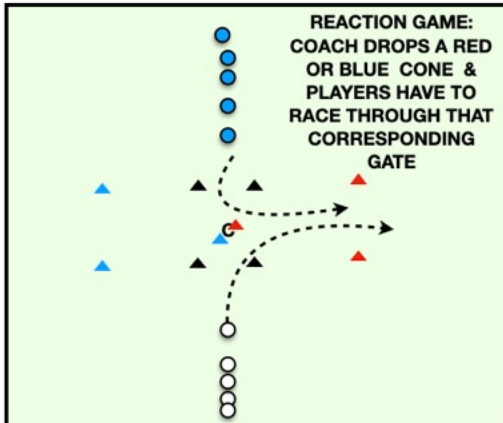


## SOUTH FAYETTE



### COACH BEN

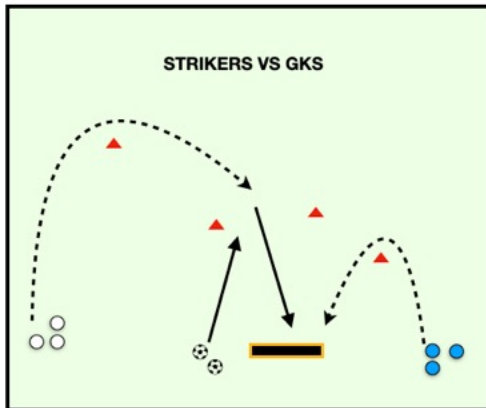


#### COLOR REACTION RACE-

2 teams in lines facing each other. One player on each team jogs out to the middle of the square to the coach & the coach drops a red or blue cone. The players react to be the first to get through the corresponding gate.

Then add in a ball so that they players dribbling up. Doing toe taps, foundations, etc. then reacting to the pinnie being dropped.

### COACH GRACE



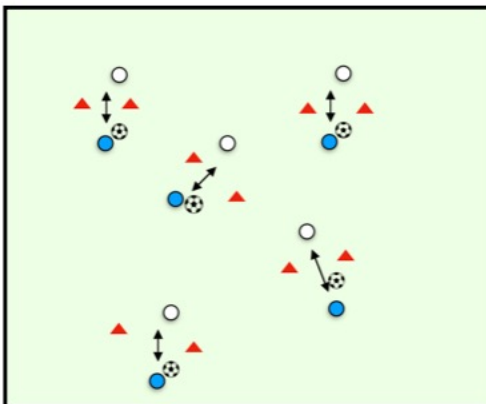
#### STRIKERS VS DEFENDERS-

WHITE TEAM RUNS AROUND THE FAR CONE TO BE THE STRIKER

BLUE TEAM RUNS AROUND THE NEAR CONE TO BE THE DEFENDER.

COACH PLAYS THE BALL IN AND THE STRIKER NEEDS TO SCORE IN THE GOAL OR DRIBBLE OVER A LINE  
KEEP SCORE AND SWITCH ROLES.

### COACH NIKE



#### PASSING GATES:

PLAYERS IN PAIRS. REITERATE TECHNIQUE.

PLAYERS TRAP AND PASS THROUGH THE GATE.

COMPETITION: AFTER 3 PASSES PAIR HAS TO FIND A NEW GATE.

COMMUNICATION ON HOW TO FIND A NEW GATE TOGETHER, HEAD UP, VISION.

“ARE YOU READY?”, HOW TO PRESENT FOOT, INSIDE TRAP AND INSIDE PASS, BODY SHAPE, TOE UP ANKLE LOCKED TO RECEIVE AND TO PASS THE BALL. ASK FOR THE BALL : “BALL”