

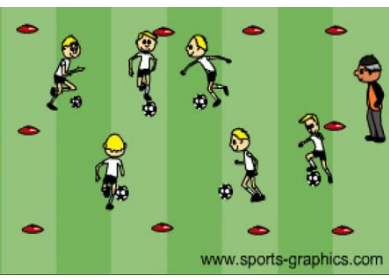
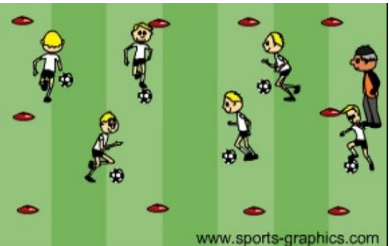


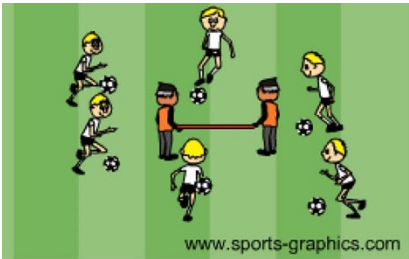



U6 – Individual Play		Phil Johnson - MYSA
ACTIVITY	DIAGRAM	COACHING POINTS
<p><u>1. Bring the Ball Back</u></p> <ul style="list-style-type: none"> • Circle the Coach with ball in hands • Give mine, Coach toss ball, bring it back • Fast, use feet, touching 3 body parts, hidden, etc. 	 <p>www.sports-graphics.com</p>	<p><i>Maze, Decision-Making, Body Awareness</i></p> <ul style="list-style-type: none"> ✓ Follow directions ✓ Listen carefully ✓ Be creative ✓ Can you bring it back a different way?
<p><u>2. Copy Cat Dribble</u></p> <ul style="list-style-type: none"> • Hop, skip, run, and jump • Dribble around the Coach • Show stops and turns • Name the moves • Copy – Dribble Magic 	 <p>www.sports-graphics.com</p>	<p><i>Maze, Body Awareness, Balance</i></p> <ul style="list-style-type: none"> ✓ Watch and copy ✓ Keep ball close when dribbling ✓ Can you create a new move?
<p><u>3. Everybody's It</u></p> <ul style="list-style-type: none"> • Talk tag safety • Count how many you can tag • Vary options, including a ball each • Try not to get tagged 	 <p>www.sports-graphics.com</p>	<p><i>Body Awareness, Maze</i></p> <ul style="list-style-type: none"> ✓ Vision up ✓ Keep your balance ✓ Can you tag more people this time?
<p><u>4. Body Part Dribble</u></p> <ul style="list-style-type: none"> • Players dribble around Coach • Avoid collisions • Coach calls a body part; players stop ball with that part 	 <p>www.sports-graphics.com</p>	<p><i>Maze, Body Awareness, Agility</i></p> <ul style="list-style-type: none"> ✓ Listen carefully ✓ Dribble close with small steps ✓ How can you stop the ball quickly?

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<p><u>5. Minnows and Groupers</u></p> <ul style="list-style-type: none"> • Run / dribble between the islands for safety. • Avoid being tagged. • Change from minnow to grouper if tagged. • Add rafts (vests) on the ground for options. 		<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> ✓ Be safe ✓ Make a plan ✓ Run/Dribble quickly ✓ How can you avoid being tagged?
<p><u>6. Gates: Stop and Go</u></p> <ul style="list-style-type: none"> • Spread out cones • Run to stop on the cones • Carry ball, dribble ball, kick the ball to the cones. • Vary: Stop and go. Detour. Gas Station. 		<p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> ✓ Head up as you run ✓ Dribble at your own speed for control and change of directions ✓ Can you touch more cones this time?
<p><u>7. Moving Targets</u></p> <ul style="list-style-type: none"> • Each player with a ball. • Two adults hold vest, arms out, walk around. • Score through moving goals. • Run, roll ball, dribble and pass through and under “goal posts” 		<p><i>Decision-Making, Target</i></p> <ul style="list-style-type: none"> ✓ Get close before shooting ✓ Be safe ✓ Inside of foot – best surface for accuracy ✓ How can you score goals?
<p><u>8. 3v3 Game</u></p> <ul style="list-style-type: none"> • Two teams play to goals <p>Options:</p> <ul style="list-style-type: none"> • When ball goes out, Coach plays new ball in • Hustle rule when ball out of bounds 		<p><i>Target, Decision-Making</i></p> <ul style="list-style-type: none"> ✓ Be a good listener ✓ Control the ball ✓ Can you score?