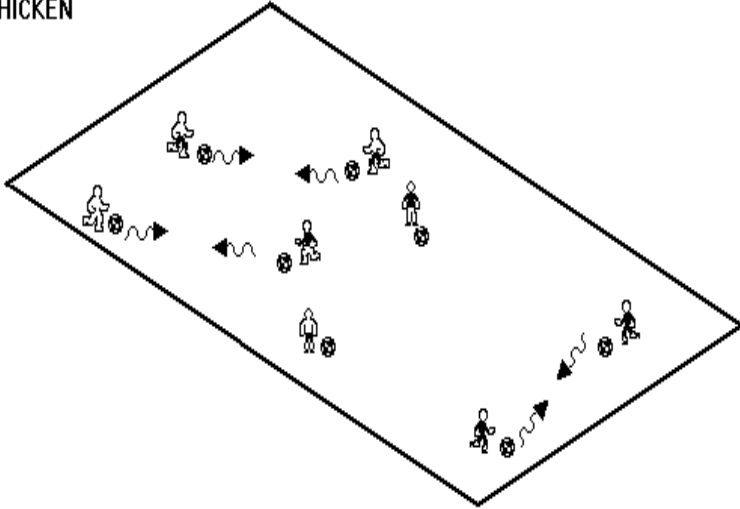
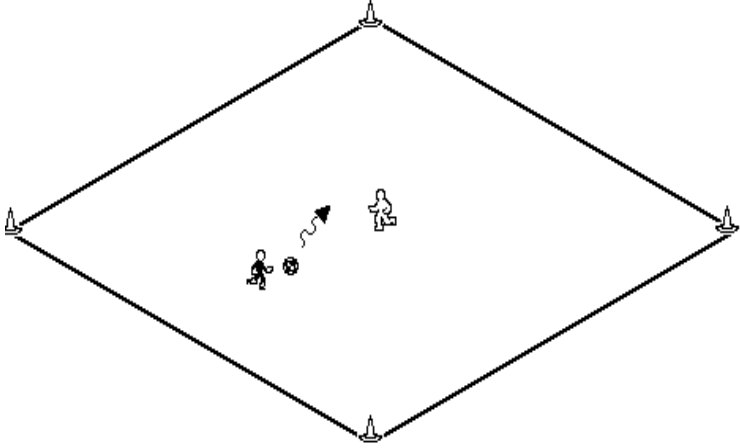
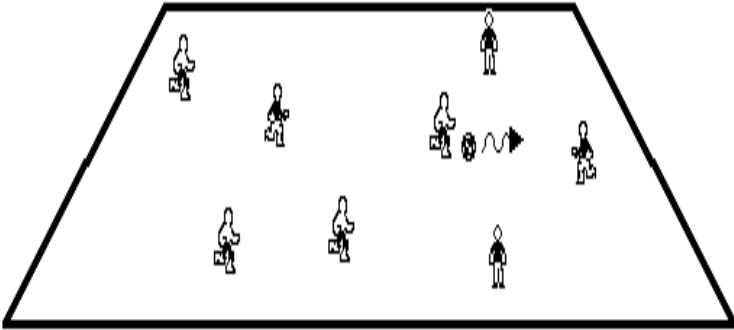
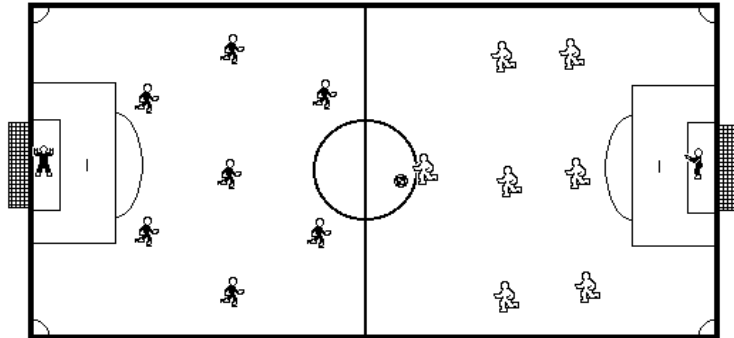


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>1 player/1 ball dribbling in area</p>	<p>Players are dribbling in 30 x 30 yd area. On coach's command, players change speed, change direction. May incorporate feints into this stage.</p> <p>30 x 30 yd field</p>	<p>CHICKEN</p> 	<ul style="list-style-type: none"> ▪ Change of speed ▪ Head up ▪ Change of direction ▪ Ball under control
<p>2</p> <p>1 v 1 to lines</p>	<p>Players play 1 v 1 to line. Score by dribbling over line. Winners play after 30 seconds. Count number of wins.</p> <p>10 x 15 yd field</p>		<p>Above points</p>

Lesson Plan

<p>3</p> <p>4 v 4 to lines</p>	<p>Players play the game and score by dribbling ball, under control, over opponents' line. Can put in condition that no back or square passes are allowed. 30 x 40 yd field</p>		<p>Same as above</p>
<p>4</p> <p>8 v 8 – The Game</p>	<p>Play the game. 50 x 70 yd field</p>		<p>Same as above</p>
<p>5</p> <p>Cool-Down</p>	<p>Have the players try to set their personal record in juggling. Conduct two static stretches between rounds of juggling.</p>	