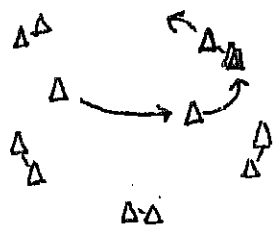
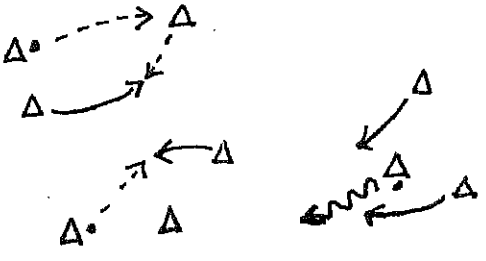
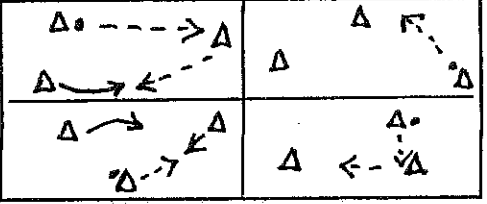
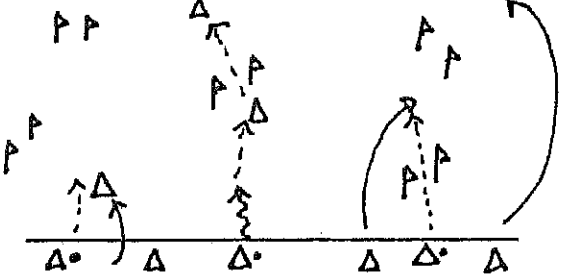



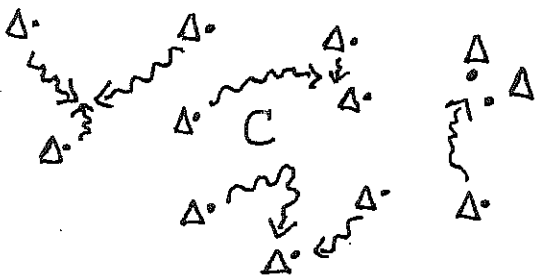
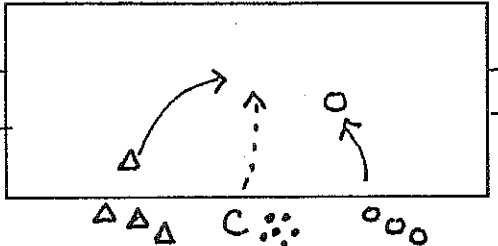
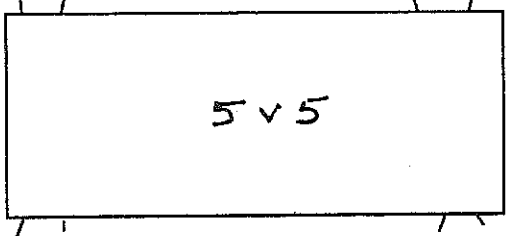
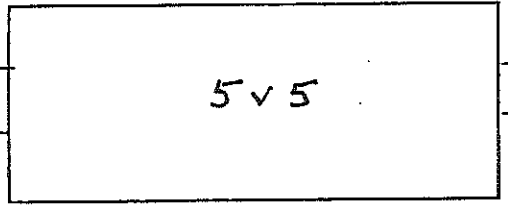


U 10 - Combining in Groups of Three's	Phil Johnson - MYSA	
ACTIVITY	DIAGRAM	COACHING POINTS
<p><b>1. Two Is Company, Three's A Crowd</b></p> <ul style="list-style-type: none"> <li>* Pairs lock elbows, with hands on hips.</li> <li>* Pairs scattered around a circle.</li> <li>* One pair plays tag. One chases the other.</li> <li>* To stop being chased attach to any elbow.</li> <li>* Out pops the next player to be chased.</li> <li>* Option: Lay down on stomach next to partner.</li> <li>* Be aware of safety.</li> </ul>		<p><i>Body Awareness, Warm-up</i></p> <ul style="list-style-type: none"> <li>* Balanced running.</li> <li>* Change of direction.</li> <li>* Agility.</li> <li>* Keep vision up.</li> </ul>
<p><b>2. Frienemy Challenge</b></p> <ul style="list-style-type: none"> <li>* Three's Passing. Pass and Move.</li> <li>* Coach calls "hold". Player with the ball keeps possession.</li> <li>* Play keep away from the other two. 1 v 2.</li> <li>* If you steal the ball, keep possession.</li> <li>* Coach calls "stop". Players without the ball do a "forfeit".</li> </ul>		<p><i>Fitness, Body Awareness</i></p> <ul style="list-style-type: none"> <li>* Get a passing rhythm.</li> <li>* Move quickly to steal the ball.</li> <li>* Shield with strong balanced body.</li> <li>* Play safely.</li> <li>* Stay close.</li> </ul>
<p><b>3. Passing in and Out – 3s</b></p> <ul style="list-style-type: none"> <li>* 3's passing in a small grid.</li> <li>* One pops out for short-short-long passing.</li> <li>* Alternate – Pass out to an adjacent grid.</li> <li>* Pass out – dribble in. Ball and players change grids each time.</li> <li>* "Can you paint the field?" or "Click the mouse on each pad".</li> <li>* Combine groups passing with two balls.</li> </ul>		<p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> <li>* Start slow – get organized.</li> <li>* Communicate with voice.</li> <li>* Anticipate the pass.</li> <li>* Move into space.</li> <li>* Face the ball and go to it.</li> <li>* All passes firm and on the ground.</li> </ul>
<p><b>4. Gates Passing – 3s</b></p> <ul style="list-style-type: none"> <li>* Three's passing – pass in 1-2-3 order through gates. Pass and move.</li> <li>* Two-way goals. Only ball goes through the gate.</li> <li>* Coach calls "stop". Count the total gates.</li> <li>* Options: Double pass each gate. Same colored gates. Alternate colored gates. Every other gate, dribble through. Coach close gates by stepping in. Combine teams.</li> </ul>		<p><i>Decision-Making, Maze</i></p> <ul style="list-style-type: none"> <li>* Plan your path and route.</li> <li>* Be prepared to change.</li> <li>* Listen to teammates. Communicate &amp; encourage.</li> <li>* Quick ground passes, turns and runs.</li> </ul>
<p>Run  Pass  Dribble </p>		

U 10 - Combining In Groups of Three's	P.2	Phil Johnson - MYSA
ACTIVITY	DIAGRAM	COACHING POINTS
<p><b>5. Math Dribble</b></p> <ul style="list-style-type: none"> <li>* Each player dribbles a ball around in tight space.</li> <li>* Avoid contact. Keep eyes up.</li> <li>* Use a variety of moves.</li> <li>* Change directions and speed.</li> <li>* Coach calls number "three".</li> <li>* Players quickly group into 3s.</li> <li>* Hands on shoulders, ball in the middle.</li> <li>* Repeat. End with numbers for two teams.</li> </ul>		<p><i>Maze, Reaction, Body Awareness</i></p> <ul style="list-style-type: none"> <li>* Vision up.</li> <li>* Show dribble magic.</li> <li>* Stop and start.</li> <li>* Stay low as you dribble.</li> <li>* Keep close control with the ball.</li> <li>* Avoid contact.</li> <li>* Listen and respond quickly.</li> </ul>
<p><b>6. Sayonara</b></p> <ul style="list-style-type: none"> <li>* Two teams – lined up on the sideline.</li> <li>* Coach rolls ball out.</li> <li>* First two race out to complete to score.</li> <li>* Ball goes out of bounds – new ball and next two players.</li> <li>* Options: If you score you stay on.</li> <li>Groups of 2 per team, then 3 compete.</li> </ul>		<p><i>Target, Decision-Making</i></p> <ul style="list-style-type: none"> <li>* Cross the line only when the ball is served in by coach.</li> <li>* Look to score quickly.</li> <li>* Communicate.</li> <li>* Combine passing to score.</li> </ul>
<p><b>7. 5 V 5 – Four Goal Game</b></p> <ul style="list-style-type: none"> <li>* Two teams. Score on either of two goals.</li> <li>* Must defend two goals.</li> <li>* Ball out on the end-line, kick in for the defense.</li> <li>* Ball out on the touch-line, use "hustle" rule – first player to pick up ball gets to kick it in.</li> <li>* Place extra balls by each goal for quick restart.</li> <li>* No goalkeeping. Pass ball in from out of bounds.</li> <li>* Options: Add a neutral player in the middle.</li> <li>Use throw-in on the touch line.</li> </ul>		<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> <li>* Change directions quickly.</li> <li>* Use space. Make it big for offense.</li> <li>* Go back and wide to go forward.</li> <li>* Communicate.</li> <li>* Transition quickly.</li> </ul>
<p><b>8. 5 V 5 - Two Goal Game</b></p> <ul style="list-style-type: none"> <li>* Two Teams. Go to Goal.</li> <li>* Play a regular game.</li> <li>* Play all game rules.</li> <li>* Teach within the game.</li> </ul>		<p><i>Target, Maze, Body-Awareness, and Decision-Making.</i></p> <ul style="list-style-type: none"> <li>* Key on team offensive play.</li> <li>* Use space and support to keep possession.</li> <li>* Communicate.</li> <li>* Quick change of direction and speed.</li> <li>* Firm, quick ground passes.</li> <li>* Close control when dribbling.</li> </ul>