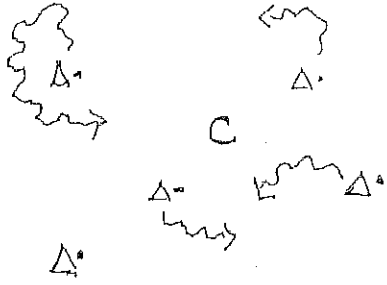
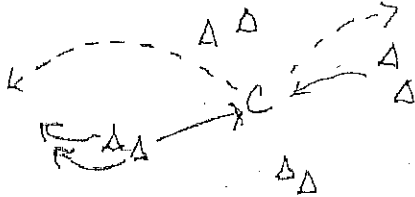

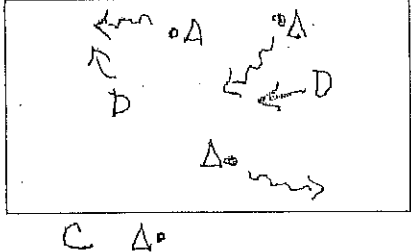


| U 8 - Dribbling / Passing – Playing In 2s ACTIVITY | DIAGRAM | Phil Johnson - MYSA COACHING POINTS |
|---|--|---|
| <p><u>1. Universe Dribble</u></p> <ul style="list-style-type: none"> * Each player with a ball. Dribble around coach. * Focus on turns. Name moves by players. * Avoid all contact. * Toss cones out. Make a move at the cone * Coach is the sun, players the planets. * Ride the Enterprise, change soccer balls. * Star Wars – pass ball to hit the others. * Revolutions – keep the sun in the center. |  | <p><i>Maze, Decision-Making, Body Awareness</i></p> <ul style="list-style-type: none"> * Move with comfort in the dribble. * Vision up. * Change and turn – sharp and quick. * Follow directions. |
| <p><u>2. Bring the Ball Back</u></p> <ul style="list-style-type: none"> * Circle the coach. Partners – one ball. * Bring ball back using hands, feet other. * Score through coaches legs. |  | <p><i>Decision-Making, Target.</i></p> <ul style="list-style-type: none"> * Listen and follow directions quickly. * Build teamwork. * Communicate. |
| <p><u>3. Shadow Dribble</u></p> <ul style="list-style-type: none"> * Pairs each with a ball. * Dribble following each other. * Engine and caboose. Show magic and use variety of speed and direction. * Switch roles. |  | <p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> * Show dribbling magic. * Follow closely. * Copy moves. |
| <p><u>4. Hospital Tag</u></p> <ul style="list-style-type: none"> * Each with a ball. * Two chasers – diseases. * Each player has two “band aids” – hands. * When tagged, put on “band aid”. * Go to hospital after two used “band aids” * Get the cure, “step ups” from Dr. Phil. |  | <p><i>Maze, Body Awareness, Decision-Making</i></p> <ul style="list-style-type: none"> * Keep ball close. * Look around, vision up. * Stay balanced. * Be ready to change directions quickly. |

| U 8 – Dribbling / Passing – Pairs ACTIVITY | DIAGRAM | COACHING POINTS |
|--|---------|--|
| <p><u>5. Gates – Dribbling / Passing</u></p> <ul style="list-style-type: none"> * Set up – 2 cones each, spread them out. * From start line, run through the gates. * Dribble through. Pass through – pairs. * Alternate colors. * Dribble through orange cones, pass through yellow cones. | | <p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> * Make a plan. * Run to gate, call for pass. * Pass and move. * Encourage each other. * Solve problems together. |
| <p><u>6. Math Dribble</u></p> <ul style="list-style-type: none"> * Dribble around the coach. * Coach calls “four”. * Players group in 4s. Put balls in middle. * “Three” sets up the next game. | | <p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> * Keep ball close. * Listen and follow directions. |
| <p><u>7. Eagles Nest – Golden Egg</u></p> <ul style="list-style-type: none"> * Four teams, in four nests. * Balls in the middle. * Object is to get the “eggs”- balls into their own nest. * Coach calls “Go” to begin. Play. * To stop, coach calls “stop”. * Count “eggs” in nest. * Finish with “golden egg” is 10 points. | | <p><i>Decision-Making, Target</i></p> <ul style="list-style-type: none"> * Make a plan. * Follow directions. * Listen to the words. |
| <p><u>8. 4 V 4 Two – Goal Game.</u></p> <ul style="list-style-type: none"> * Two teams go to two goals. * Defenders ball – when ball is out on end. * Hustle Rule – ball out on the side. | | <p><i>Target, Decision-Making</i></p> <ul style="list-style-type: none"> * Look to pass forward. * Seek chance to shoot. * Make space big [spread out] when you have the ball. |