
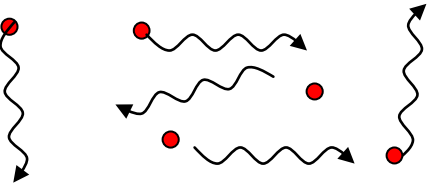
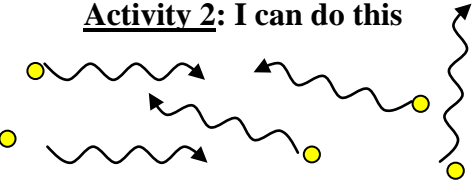
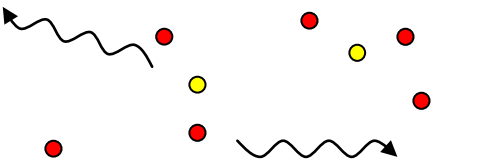
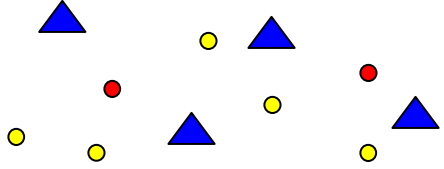
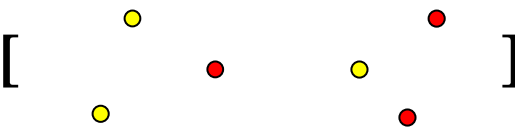


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| <p><b>Topic:</b> Me, Mine, My Ball (U6 activities)<br/> <b>Date:</b> 2/4/12<br/> <b>Coach:</b> Scott Macleod</p>  |  |   |
| <p style="text-align: center;"><b><u>Activity 1: Pirate Ship</u></b></p>         | <p style="text-align: center;"><b><u>Organization</u></b></p> <ul style="list-style-type: none"> <li>• All players have a ball each</li> <li>• The captain gives the shipmates various challenges on the ship</li> <li>• Clean deck, scare birds, protect from pirates/sharks</li> </ul> | <p style="text-align: center;"><b><u>Coaching Points</u></b></p> <ul style="list-style-type: none"> <li>• Warm up activity</li> <li>• Hand eye co-ordination</li> <li>• Movement in various directions</li> <li>• Communication</li> </ul> |
| <p style="text-align: center;"><b><u>Activity 2: I can do this</u></b></p>       | <ul style="list-style-type: none"> <li>• 25x25 area</li> <li>• All players have a ball each</li> <li>• Coach gives the players various challenges to copy</li> </ul>   | <ul style="list-style-type: none"> <li>• Movement in various direction</li> <li>• Familiarization with the ball</li> <li>• Who can copy the coach?</li> <li>• Who can find new ways to complete challenges?</li> </ul>                     |
| <p style="text-align: center;"><b><u>Activity 3: Cone Monster</u></b></p>        | <ul style="list-style-type: none"> <li>• 25x25 area</li> <li>• Everyone has a ball each except for the cone monsters who carry a cone</li> <li>• Cone monsters try to freeze players by placing their cone on the ball</li> <li>• If frozen players perform challenge</li> </ul>         | <ul style="list-style-type: none"> <li>• Ball Control</li> <li>• Changing direction with the ball</li> <li>• How do I protect the ball from the Cone Monsters?</li> </ul>  |
| <p style="text-align: center;"><b><u>Activity 4: Cops and Robbers</u></b></p>  | <ul style="list-style-type: none"> <li>• 25x25 area</li> <li>• 2-3 players are the "Cops"</li> <li>• Everyone else is a "robber" and have a ball each</li> <li>• Robbers knock over the cones (cash)/Cops try to stand them back up</li> </ul>   | <ul style="list-style-type: none"> <li>• Repetition of ball touches</li> <li>• Changes of direction and speed</li> <li>• Eye/foot co-ordination</li> <li>• Passing the ball</li> <li>• Teamwork</li> </ul>                                 |
| <p style="text-align: center;"><b><u>Activity 5: The Game</u></b></p>          | <ul style="list-style-type: none"> <li>• 20x25 Field</li> <li>• 3v3 with no GK's</li> <li>• Balls served in by Coach</li> </ul>  | <ul style="list-style-type: none"> <li>• FUN</li> <li>• Directional Play</li> <li>• Decision Making</li> </ul>   |