Coaching Points

1st Activity (warm-up)  Island Game
- Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.
- Progressions: Start game without balls and then add them.

Coaching Points

Ball Stealing
- Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???).
- Progressions: Rotate who starts with the balls.

Coaching Points

Everyone vs. Everyone
- Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.
- Progressions: Define how goals are scored - by dribbling or shooting.

Coaching Points

Edge of the World
- Each player gets a ball and stands on one sideline of an area. The objective is for every one to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over.
- Progressions: Players play ball with laces, inside of foot, etc.

Coaching Points

Outta There
- In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the sideline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game.
- Progressions: Start with 1v1 and progress to 2v2.

Scrimmage 3v3 or 4v4