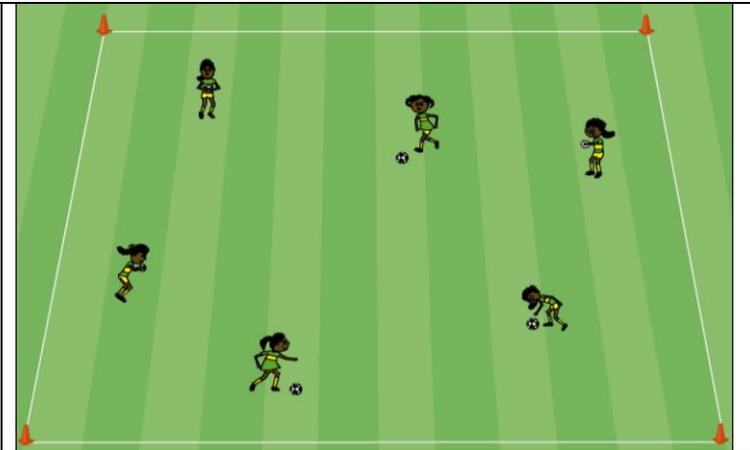
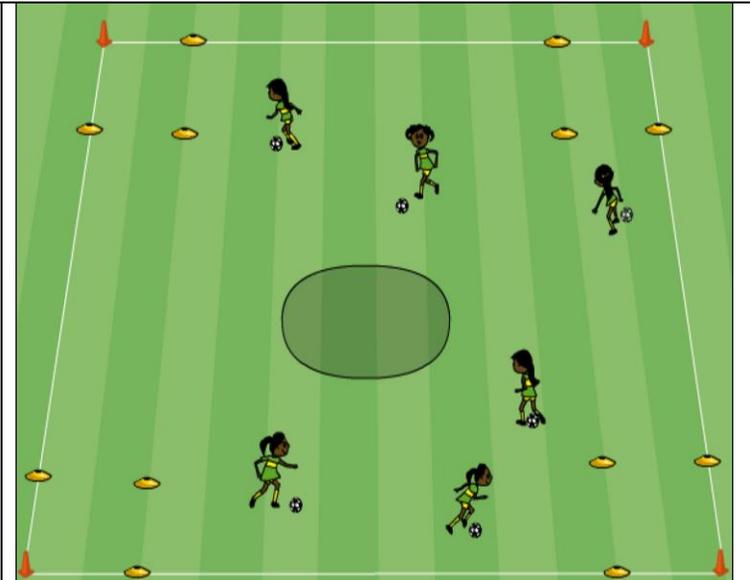
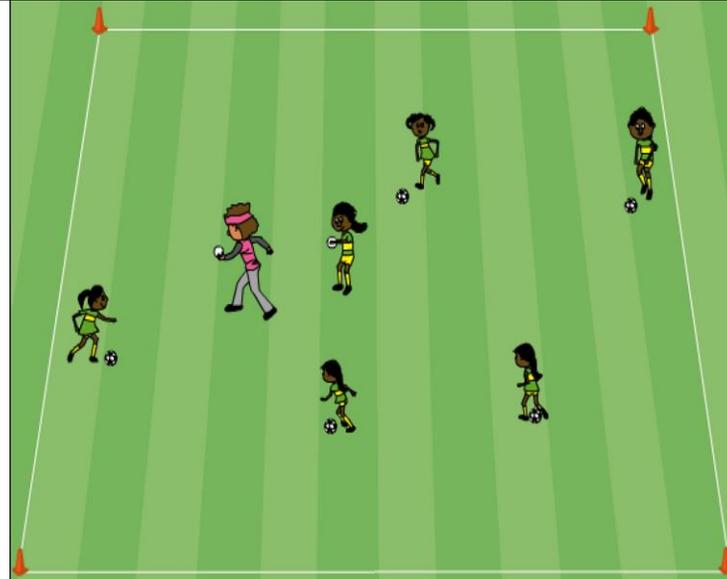


Activity Name	Description	Diagram	Coaching Points
<p>1 Space Invaders</p>	<p>To start, everyone is holding a ball and running in a space 20 x 15 yards. Proceed to rolling the ball with your hands. Finish with players moving the ball or “driving it” around the space with their feet.</p>		<p><i>Q.:</i> There is not that much space, where can you go so you do not bump into anyone? <i>A.:</i> Away from everyone, on the outside.</p> <p>Show me how you do it.</p>
<p>2 Driving my Car</p> <p>Everyone is driving their “car” through the city 25x20 area, making engine noises, coach tells players when to switch into first gear (slow), now second gear (little faster), and third gear (real fast) at first; TURN; HIT THE BRAKES (make tires screeching sounds).</p>	<p>In each corner, there is a “town” marked out with cones; i.e., Allentown, Vorhees etc. Can you visit all the towns-get there anyway you want. The side spaces between towns are the roads—be careful not to crash! Now everyone drive to your “hometown”. How fast can you drive to all the towns and finish at your town? Now the space in the middle is a lake, you have to go real fast through here or your car will sink—what, you have a boat? To finish, the coach can point in a direction of a town and players must drive there.</p>		<p><i>Q.:</i> What do you see when you are driving around? <i>A.:</i> I see other drivers/children, I see trees...</p> <p><i>Q.:</i> How many ways you can stop your car using your feet only? <i>A.:</i> the bottom of my foot, the inside of my foot...</p> <p><i>Q.:</i> How does a speedboat turn? <i>A.:</i> Really fast! Vroom! (show me!)</p>

3 I can do this can you?

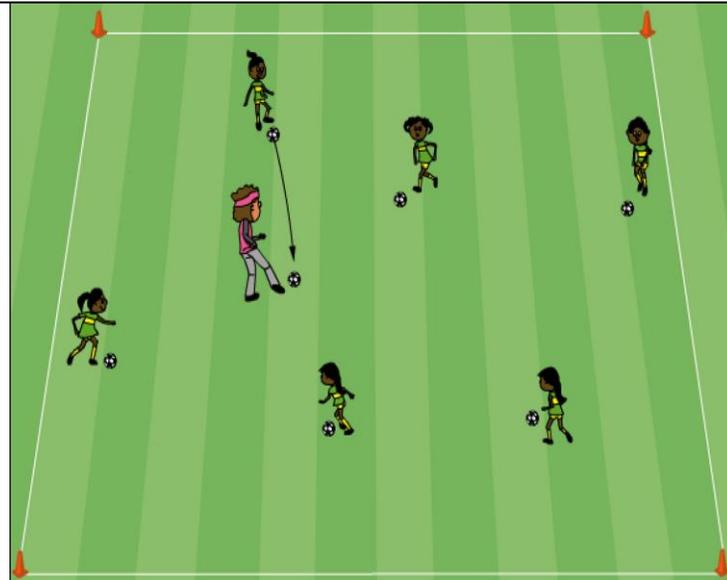
All the players have a ball and follow what the coach is doing, i.e. roll it around the legs etc.



Show me what you can do with your ball. WOW, that is cool! Let's all try that!

4 Bumper Cars

Coach moves a ball around, players each with a ball try to kick their ball and knock something off the coach's car i.e. one tire, fender etc. let them keep going until the car can't go anymore.



Q.: How can you hit my car when your car is moving also?
A.: I have to move and kick my ball closer to you!
Show me!



Lesson Plan



5 Game

Coach is "Boss of Balls"; play 3v3 no GK in a 25x20 field. Remaining players from both teams on each side of coach. If ball goes out or in goal, a player from the outside replaces one player from each team.



How can you score a goal?

Cool down: Body Part Dribble in small space, finish with a drink of water