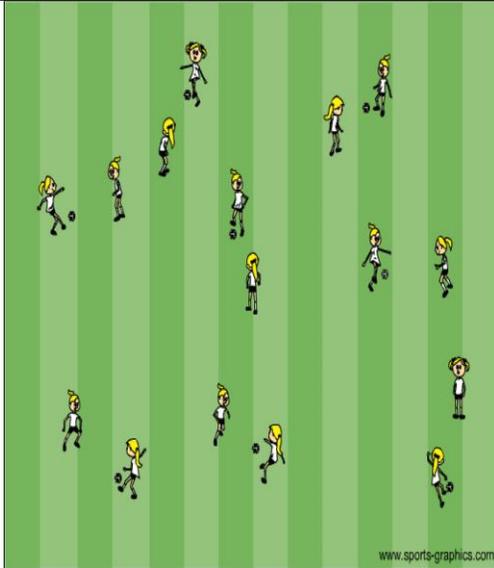
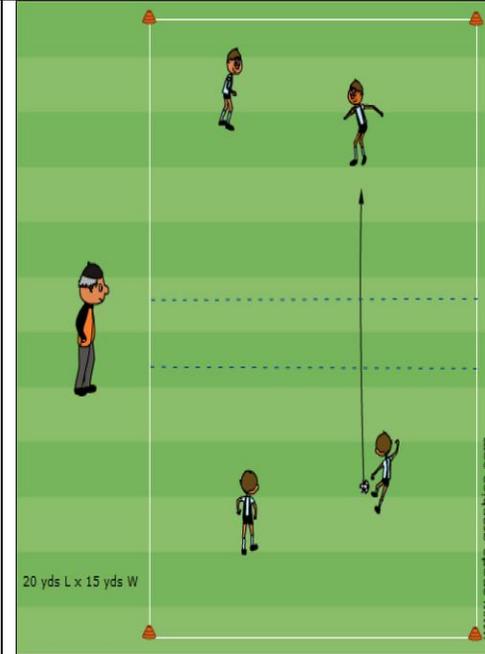


Activity Name	Description	Diagram	Coaching Points
<p>1</p> <p>Warm-up: “Juggling Balloons or Beach Balls”</p>	<p>Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.</p>	 <p>Striking the ball (first building blocks of juggling, volleys)</p>	<ul style="list-style-type: none"> -Follow object/ball with your eyes. -Move to get behind and in line with it—don’t stretch for it -Make your foot flat like a table. Show me!
<p>2</p> <p>“Juggling with a Partner”</p>	<p>Same as one but now 2 players compete against other pairs to keep the object up in the air using as many touches in 3 minute period.</p>	 <p>www.sports-graphics.com</p>	<ul style="list-style-type: none"> -Move to get behind and in line with object. -Select the surface quickly. Q.: Is a noodle, hard? Or soft? A.: Soft!

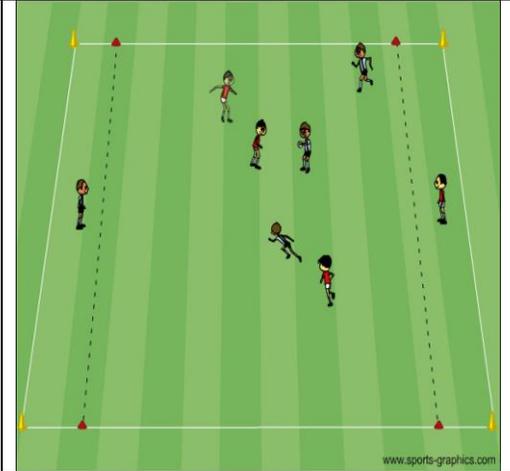
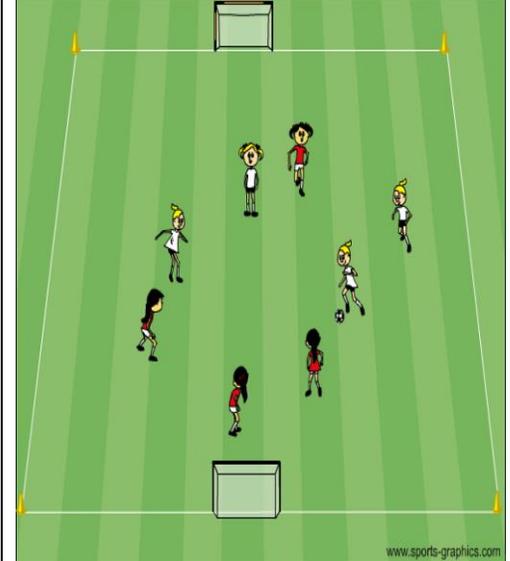
3

“Soccer Newcomb”
(use size 3 ball not too inflated)

20x15 (one yd. “dead space” for net). 2 teams of 2 play toss-receive-catch over the net. If caught point-if hits ground no point-toss it over. Allow 1 bounce. Partner helps catch/control



-Move quickly to get behind and in line with flight of ball
-Select surface early
-“Withdraw” on contact
Q.: Good, now can you make your foot feel like a “noodle” strike the ball and try to catch it before it bounces? Show me! What happened?
A.: It went far away from me and I could not catch it.
Q.: What happens if you strike the ball with your foot and it is flat like a “table”?
A.: It goes straight up and it was easier to catch!
Q.: Can you strike it twice and catch it? Show me!
Q.: Can you march? Show me!
Q.: Can you do it while striking the ball and not letting it bounce? Show me!

<p>4</p> <p>“Toss-control-catch”</p>	<p>4v4 in 40x30 yard area (includes 5 yd. end-zone on each end). Toss-receive-catch to advance ball. If ball drops to ground goes to other team. Score by receiving and catching in your end zone. Opponent cannot block the toss.</p>		<ul style="list-style-type: none"> -Move to the ball -Select surface early -Look, get head up quickly -Move to open space
<p>5</p> <p>The Game</p>	<p>4v4 in 45x30 with 4 yd wide goals no GK. Coach is boss of Balls. Toss new one to a player after a goal or out of play. 1 pt for goal, 2 pts for volley goal.</p>		<ul style="list-style-type: none"> -Move to the ball -Move to open space -Look -Choose surface early

COOLDOWN: Try to beat your own ball juggling record. WATER – stretch – WATER.