<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Description</th>
<th>Diagram</th>
<th>Purpose/Coaching Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1  Juggling with a Partner</td>
<td>Two players compete against other pairs to keep the ball up in the air using as many touches as needed in 3-minute period.</td>
<td><img src="image" alt="Diagram" /></td>
<td>-Move to get behind and in line with ball. -Select the surface quickly.</td>
</tr>
<tr>
<td>2  Soccer Newcomb</td>
<td>Use a size 3 ball not too inflated. 20 x 15 (one yd. “dead space” for net). 2 teams of 2 play toss-receive-catch over the net. If caught = 1 point - if the ball hits the ground no point - toss it over. Allow 1 bounce. Partner helps catch/control.</td>
<td><img src="image" alt="Diagram" /></td>
<td>-Move quickly to get behind and in line with flight of ball -Select surface early -“Withdraw” on contact</td>
</tr>
<tr>
<td>3  Volley Game</td>
<td>Set up 15 x 15 yard grids. Two players and one ball in each grid.</td>
<td><img src="image" alt="Diagram" /></td>
<td>-Get in “line of flight” quickly. -Ready, balanced to receive. -Choose body surface. -Withdraw surface. -Scoop/”spoon” ball with foot.</td>
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### 4 Pong

This is a simple game. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground and must go through the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!

### 5 2v2 Get Outta There

<table>
<thead>
<tr>
<th>X &amp; O = players</th>
<th>C = coach</th>
<th>. = ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. coach as boss of the balls</td>
<td>a. see ball through bottom of eyes</td>
<td></td>
</tr>
<tr>
<td>b. coach passes ball onto field to start play</td>
<td>b. keep ball rolling</td>
<td></td>
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<tr>
<td>c. two players from each team play until a goal is scored or the ball goes out of bounds</td>
<td>c. first try to solve game by dribbling</td>
<td></td>
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<tr>
<td>d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball</td>
<td>d. player w/o ball find big, easy spot to receive a pass</td>
<td></td>
</tr>
<tr>
<td>e. goal is scored, two players who scored stay on and two new players from the other team play against them</td>
<td></td>
<td></td>
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