

DESCRIPTION

COACHING POINTS

DIAGRAM

GAME 1

Game 1 - Coach Says - players in their squares which form a circle, we suggest using two different colored squares to go straight in to game 2 when ready - coach calls out various skills to warm-up. Players should, only do the skill if the command is preceded by the words “coach says”. Give the players five lives and take away one life every time they do the action when they’re not supposed to. Select a player to take over and lead and make sure everyone gets a turn. Incorporate a variety of familiar skills and so,e new ones to introduce to your players

FIRST COACHING POINT - READY POSITION

Players should be on the balls of their feet, ready to react to a command

SECOND COACHING - COMPOSURE

Players should be relaxed and ready to perform the skill



GAME 2

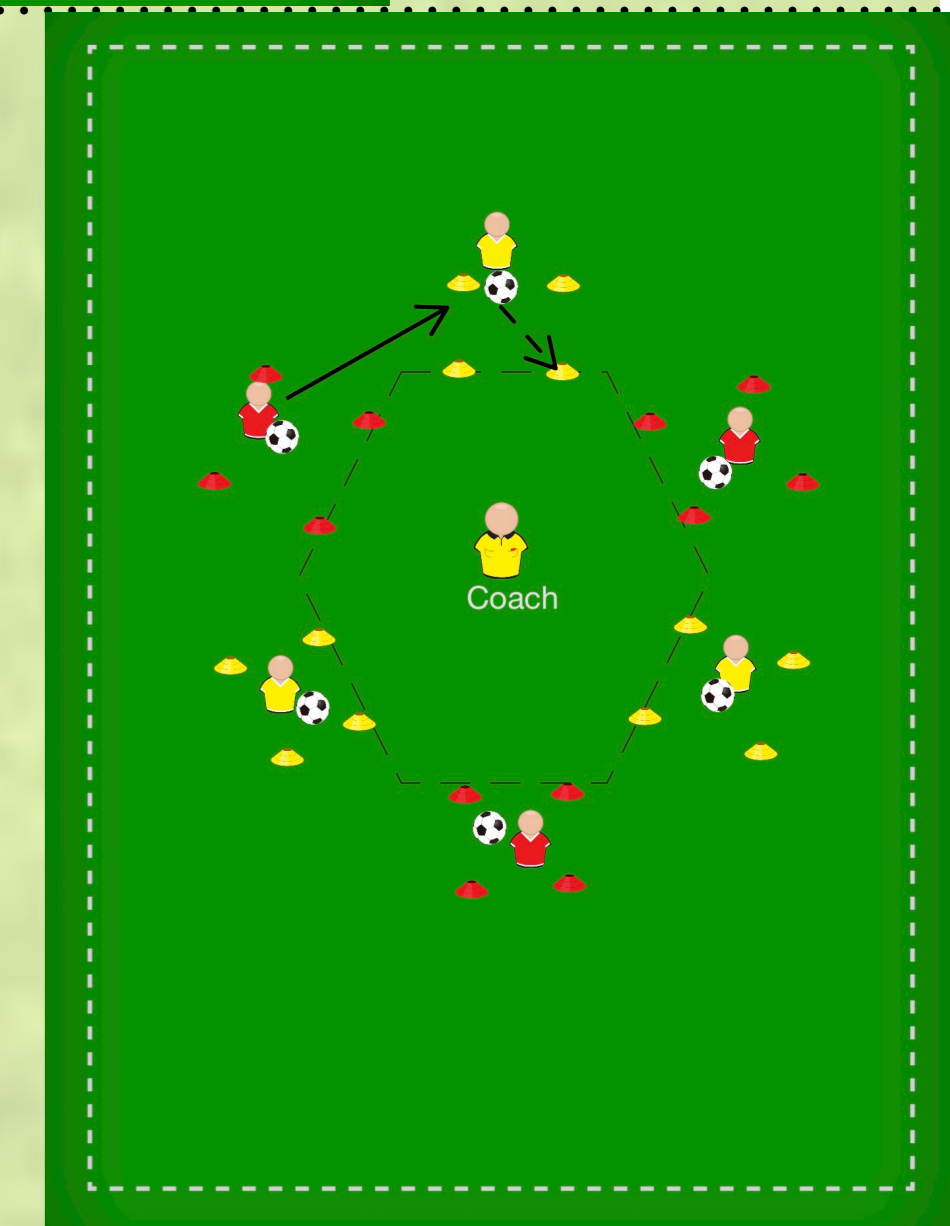
Game 2 - cats & dogs - again, players in their square in a circle formation. The squares should be alternate colors as shown. One color are the cats, one color are the dogs. When coach shouts “get em” the dogs must try to hit the cats with their ball - the cats must dribble around and try to avoid getting hit. You can then switch roles around.

FIRST COACHING POINT - FINDING SPACE

Players should try to be as far away from the dog as possible and in the middle of their square so they can go in any direction

SECOND COACHING POINT - BALL CLOSE

Players will have a better chance of success if they keep their ball close to them and move it around quickly



SCRIMMAGE

Game 3 - Duck, Duck, Goose (modified)- players sit on their ball in the center of their square. Choose one player to dribble around the circle. They. It's choose someone to race against by doing 2 toe taps behind that person. The chosen person must jump up and try to chase the tagger with their ball and hit them with it before the tagger makes it back to their square. Remind players that they must run around the outside of the square and not near anyone else's square.

This should be a fun, high-energy way to finish the session with a little competition. Add-in coaching points as needed but allow the players to enjoy the game.

