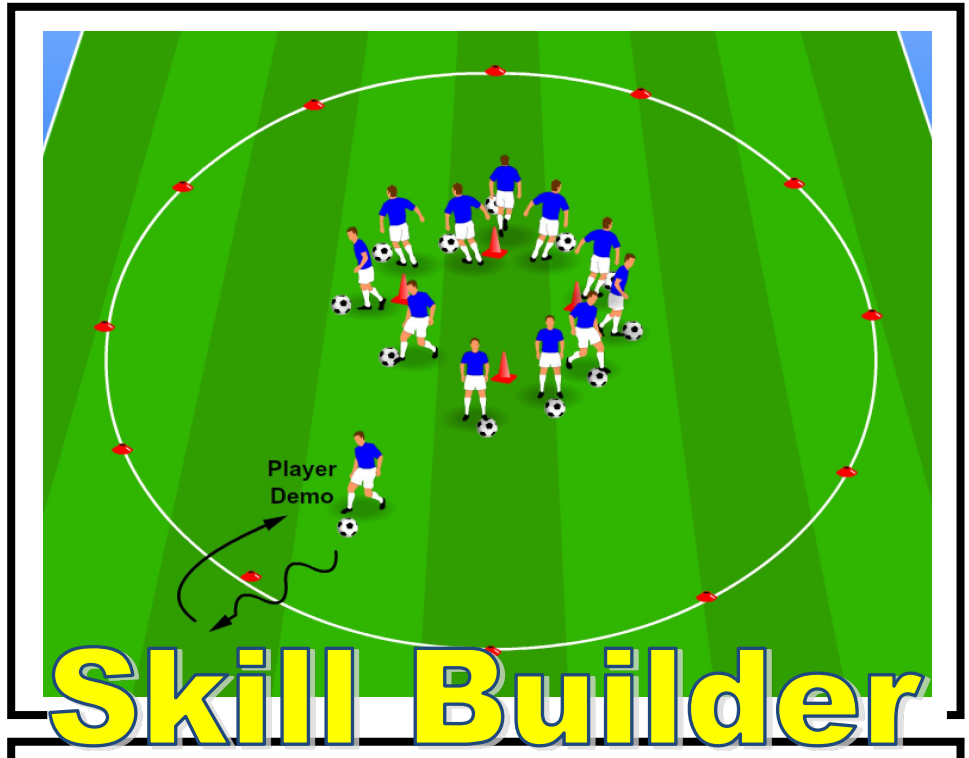


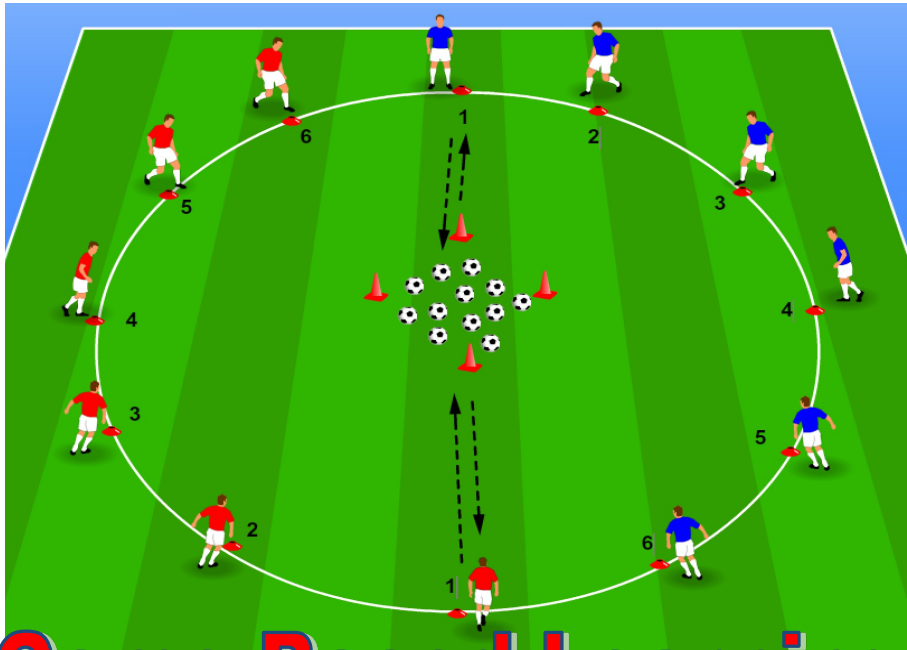
### Hot Potato Run Instruction

- Set Up the players in a circle. Have one ball at the “12 o’clock” position and one ball at the “6 o’clock” position.
- This game is played similar to hot potato where the “12 o’clock” ball is passed clockwise in the air and the “6 o’clock” ball is passed counterclockwise on the ground.
- After 10 - 15 seconds, blow the whistle. The players in possession of the ball are SAFE, while the other players must perform a warm up exercise (ie. 10 sit ups; 10 burpees, 20 jumping jacks, etc.)
- After the warm up exercises are complete, restart the next round of the game.



### Funny Turns Instructions

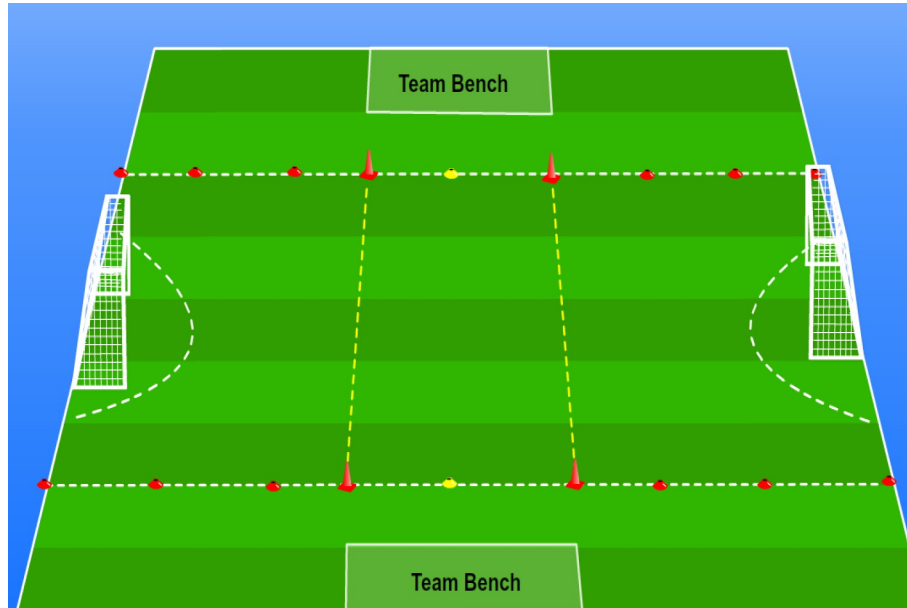
- The players all start in the middle of the circle with a ball each. As the coach, you will show off a skill move or silly turn to the players. You will then provide the players with 1 minute to practice the skill that you just displayed.
- After the rehearsal, the players have to work their way around the clock performing the turn and returning to the middle after each turn.
- Turns to work off and show
  - (1) Inside of the Foot Turn
  - (2) Outside of the Foot Turn
  - (3) Pull Back



## Game Based Learning

### Cat and Mouse Instruction

- Players are divided into two teams, cats and mice, with the players on each team numbered from 1 - 6 starting at a cone. Start with 12 balls (pieces of cheese) in the middle of the circle.
- The coach will then call out a number and that cat and mouse will run into the middle of the circle, collect a ball and return to their starting cone.
- The first player back to their starting cone and sitting on their ball will win the round. Continue until everyone has had a turn.
- If you want to advance this activity, when the player returns to the starting cone, have them dribble around the circle once ending at their starting cone.



## Game Play

### Substitutions

Play must be stopped approximately every 3 – 4 minutes to allow for substitutions. Changes on the fly are not permitted.

It is strongly recommended that complete line changes are done if there are enough players, and that players are rotated through the sweeper-keeper position every 2 – 3 rotations, **NOT EVERY SHIFT CHANGE.**

### Sweeper-Keeper Clearances

Once the sweeper-keeper has the ball in the hands, then the player of the other team must drop off 5 yards. The Sweeper-Keeper is allowed to place the ball on the ground within the goal area, and either kick the ball out or dribble the ball out.

### 4 Up-1 Up Rule

If a team is leading by 4 goals or more, the opposition may add a player to the field of play.