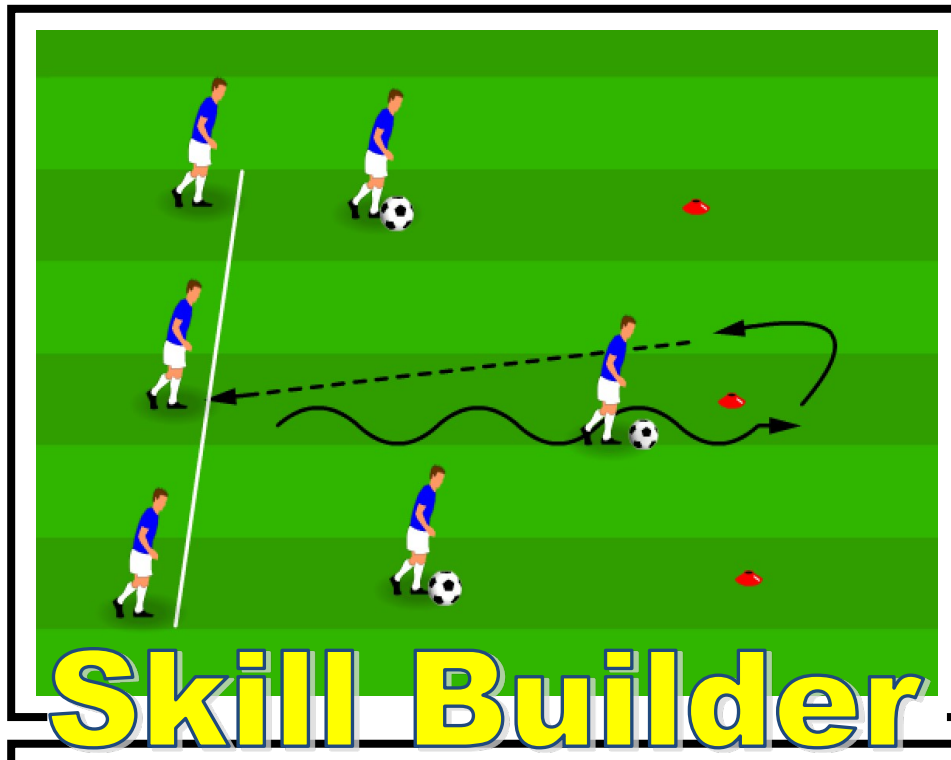


# Warm Up

## Rock-Paper-Scissor Battle

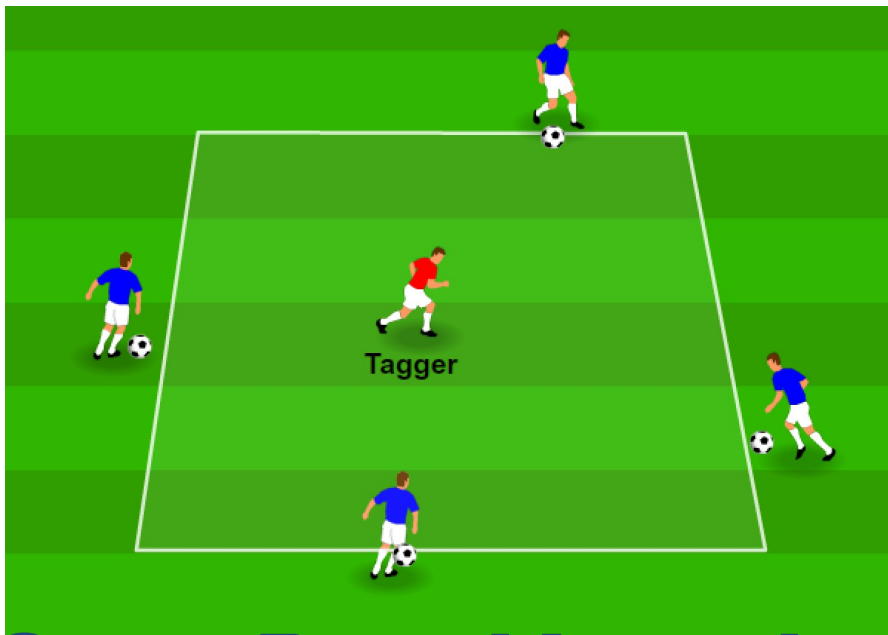
- Players will line up in front of each other as pictured beside.
- The goal is for the one team to get their player across the other team's endzone to score a point.
- If you win the Rock-Paper-Scissor Battle then you get to keep running forward until you meet a new opponent.
- If a player loses their Rock-Paper-Scissor Battle, they must run to the back of their line and a new teammate will run out to battle the winner.
- To enter the end zone you must win a final Rock-Paper-Scissor Battle.



# Skill Builder

## Dribble Around the Cone Instructions

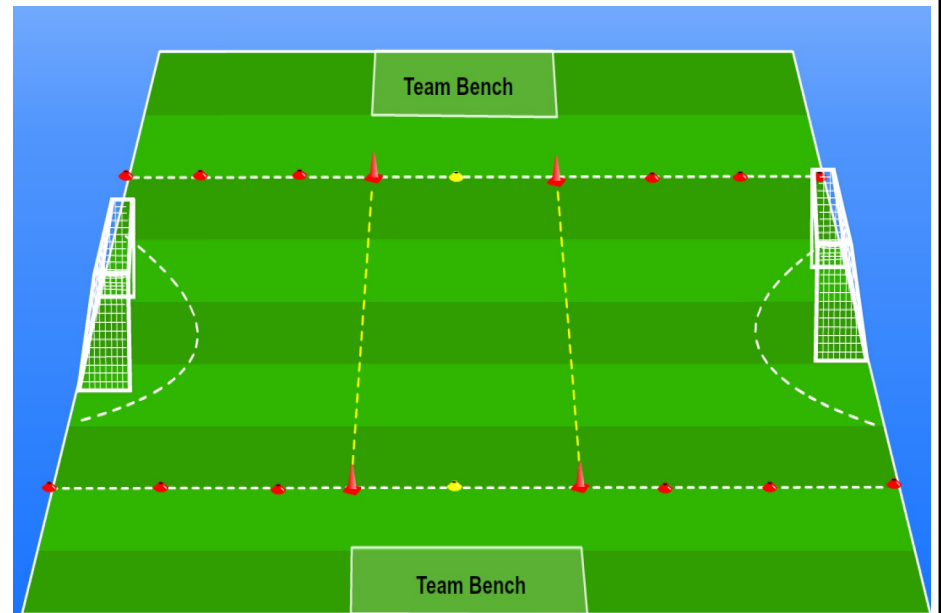
- Divide the players into pairs, with one ball each. Player's alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position. The cone is placed 5 yards from the starting line.
- Player's alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position.
  - a) Inside Foot
  - b) Outside Foot
  - c) Pull Backs at the Cone
  - d) Shielding the Ball
- The coach should be emphasizing the following coaching points
  - Maintain close control over the ball.
  - Build up speed gradually. Don't sacrifice quality for speed.
  - Use the outside and inside of the foot to dribble with the ball.
  - Don't keep the eye's fixed on the ball. Scan the horizon.



## Game Based Learning

### Catch Me If You Can Instruction

- Set up 2 boxes about 10 yards x 10 yards. Have 5 - 6 players per box. One player is designated the Tagger and the remaining players each have a ball.
- The BLUE players are trying to dribble through the box without getting tagged and the RED player is trying to tag the BLUE players
- If the BLUE players get across, they get 1 point. If the RED player tags them, they switch roles.



## 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.