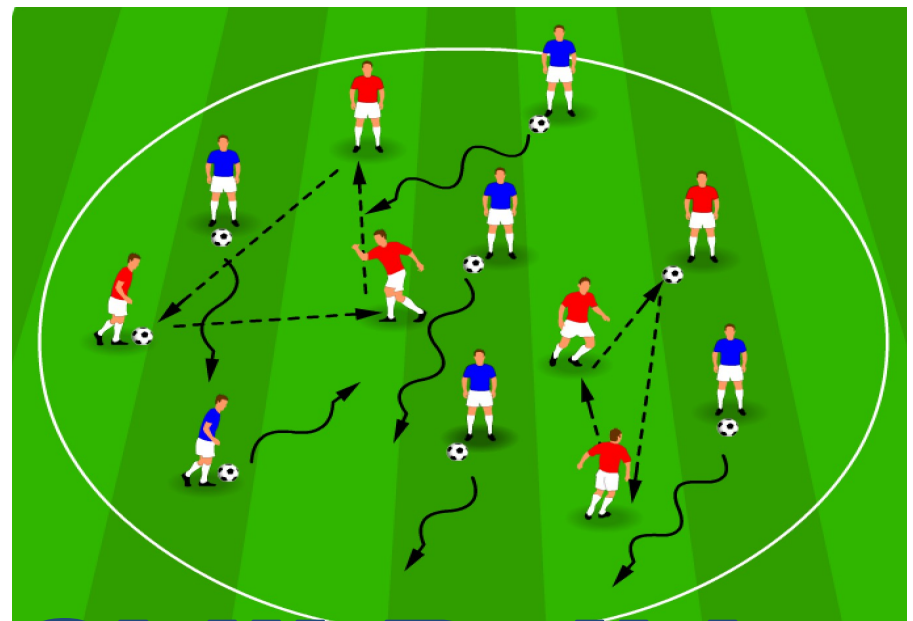


# Warm Up

## Cookies & Cake Instruction

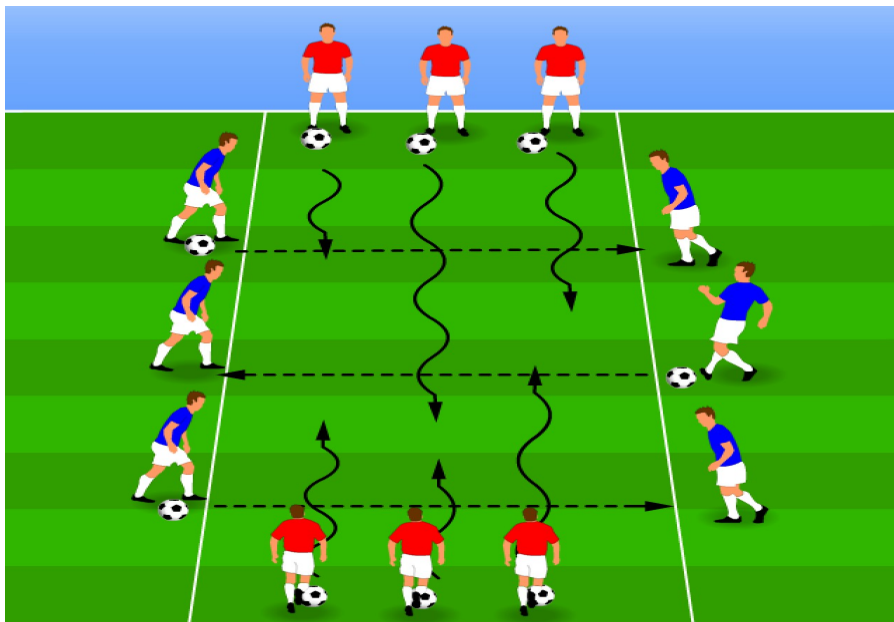
- The group is divided equally into two groups. Using pylons or cones, designate two “Run-To” points, one for each group.
- Players are asked to sit in two lines, backs facing each other about one yard apart. A group of players is called “Cookies” and the other group is called “Cakes”.
- Call out a team name (i.e. Cookies). This team jumps up and runs in the direction it is facing, away from the other team. The other team also jumps up and chases to try and tag the other team running away from them.
- Anyone who tags a player before reaching their safe zone gets a point. If players avoid being tagged, they get a point.
- If the activity is going well, introduce a ball. Players must be in control of their ball when tagging a player.



# Skill Builder

## Busy Circle Instructions

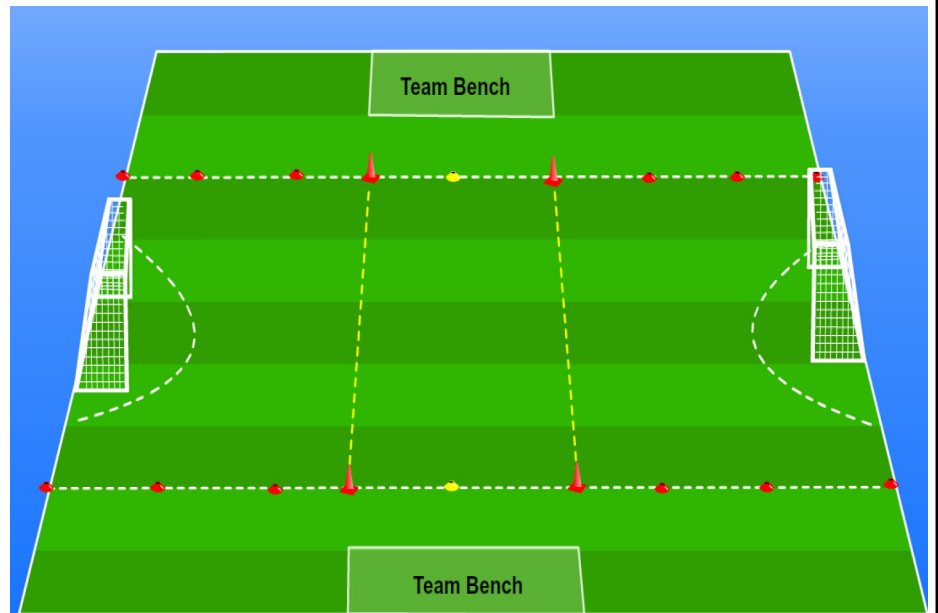
- Split your team into two groups. The RED group is looking to pass and receive inside the playing area. The BLUE group is looking to dribble around inside the playing area.
- BLUE group challenges (1) Right foot only, (2) Left foot only, (3) Sole of the foot only.
- After 3 minutes, have the players switch roles so that they each get a turn working on the skills.



## Game Based Learning

### Cannonball Run Instruction

- Split the players into two groups, one group will be dribblers, and one group will be the passers.
- The dribblers will be split into two groups with one group starting on one end of the channel, the other group starting on the other end.
- The passers will be put in partners and positioned across from each other on the sides of the channel. The passers look to pass the ball back and forth through the channel.
- The dribblers are looking to dribble the ball through the channel without their ball being hit by a passers' ball. Every time the dribbler's ball is hit with a ball, the passers get a point.
- Reset after each run, then send the players through. Players will do 3 rounds, then switch roles where the passers become the dribblers and the dribblers become the passers.



## 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.