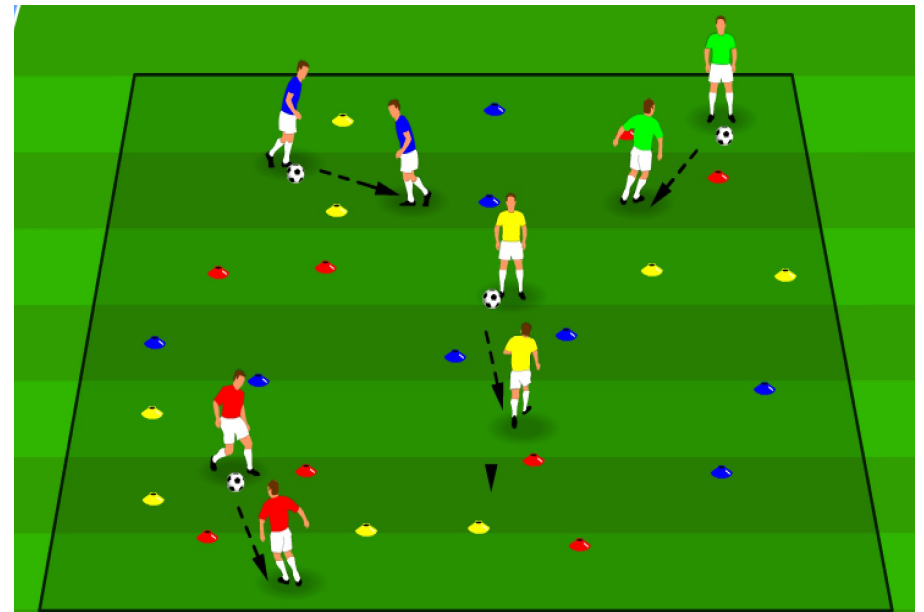




Warm Up

Ghostbusters Tag Instruction

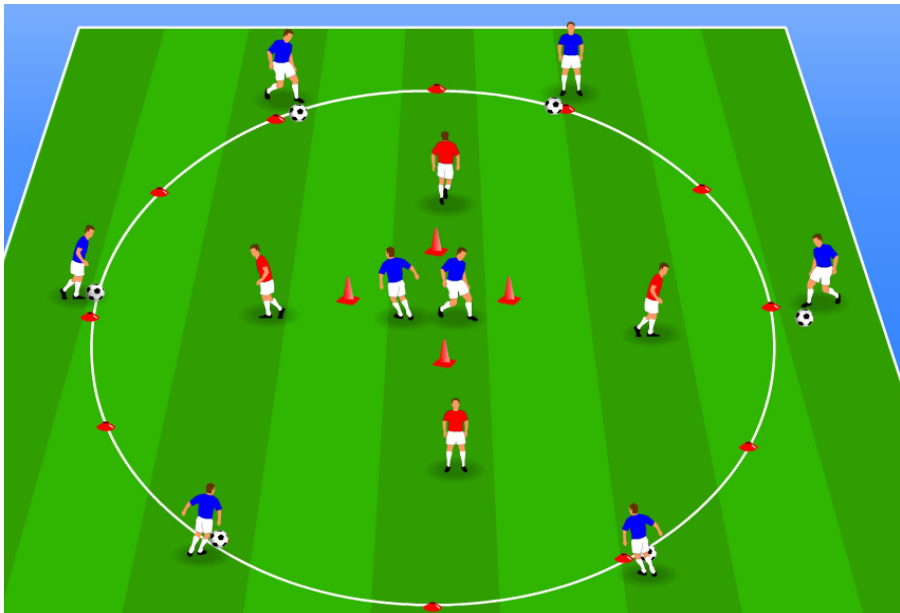
- Start with the coaches as the taggers and then progress to the players getting a turn.
- The BLUE players each have a ball, while the RED players are the Evil Ghosts (taggers).
- The BLUE players must dribble their ball around the area trying to stay away from the ghost. The RED players must attempt to tag the dribbling players.
- Once a player has been tagged, they freeze and stand with their feet apart holding the ball above their head. To unfreeze a player who has been tagged, the frozen player must call out "I Need a Ghostbuster", and one of the unfrozen players must kick a ball through the frozen player's leg.
- Rotate Evil Ghosts every 2 - 3 minutes.



Skill Builder

Passing Gates Instructions

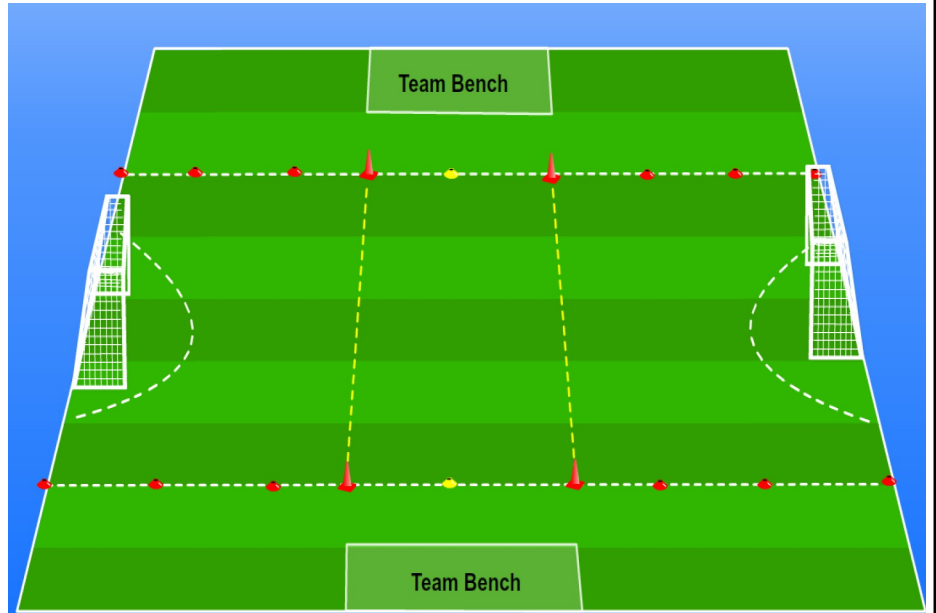
- Players are placed into pairs inside the playing area. Gates are created using cones and pylons. The size of each gate should vary to challenge each individual.
- Players pass and move inside the area. Focus should be on how the player passes and receives the balls.
- Players will have 60 seconds to get as many passes through the gates as possible. For the next round, players are asked to beat their previous score. To allow the best chance for success, add 15 seconds to each round.
- Challenge the players by calling out a color pattern for the players to pass through ("RED, YELLOW, BLUE"). The first player to complete the color pattern gets a point.



Game Based Learning

Don't Feed the Monkeys Instruction

- Two monkeys are placed inside the cage (inner circle) and are guarded by 4 Zoo Keepers who start in the zoo itself (outer circle). There are 6 visitors that start on the cones forming the perimeter of the zoo, each with a ball.
- The visitors must try to feed the monkeys by passing a pass to them. The monkeys must receive and control the pass. The zoo keepers must try to stop the monkeys from being fed by intercepting the passes.
- The monkeys cannot leave their catch, while the zoo keepers and visitors cannot enter the cage or leave the zoo itself.
- Play 2 - 3 minutes



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.