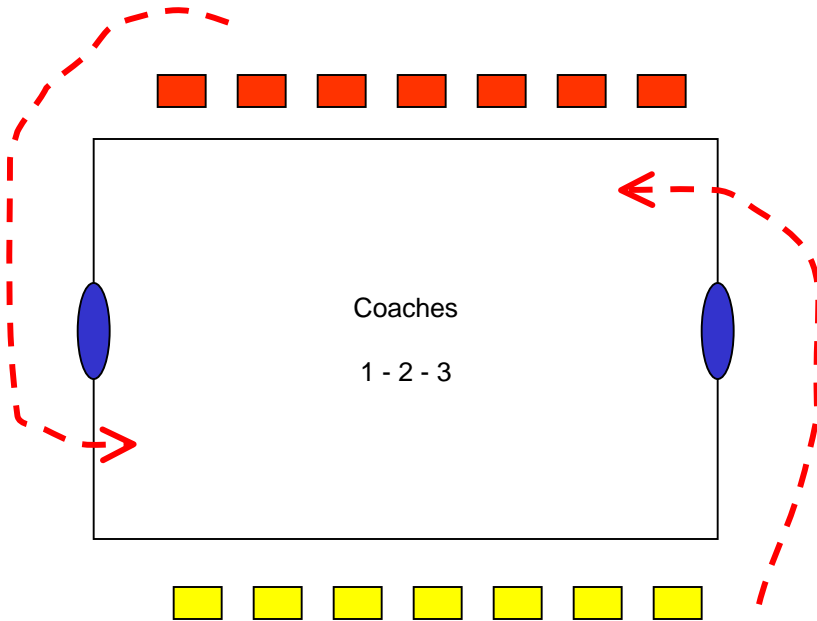


Warm Up

Small 10 by 10 square - call out - right only, left only, taps, foundation (side to side). Get kids moving for about 10 minutes.



Make a small field - say 20 by 25

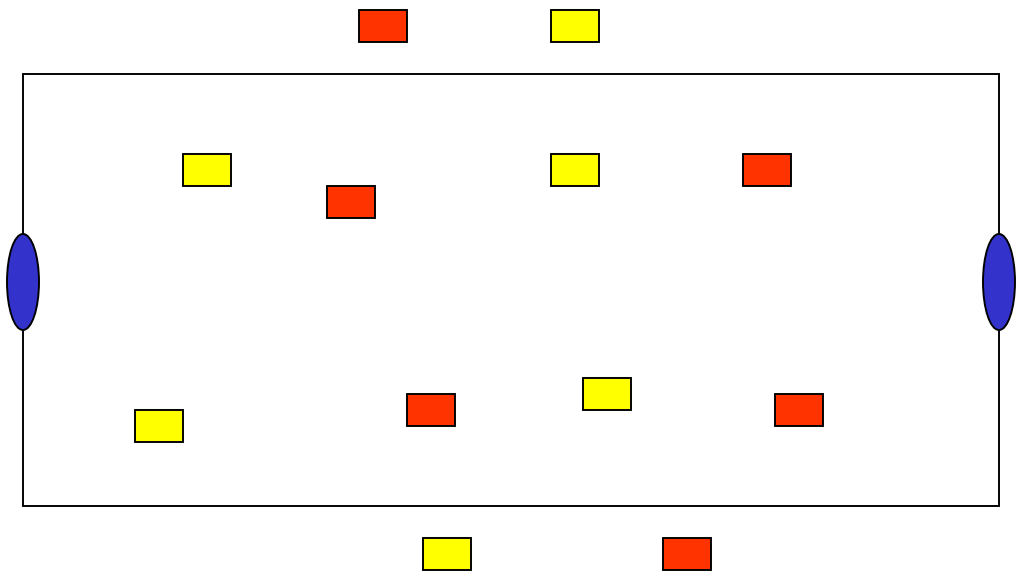
Assign each player a number 1 - X

Call numbers - sometimes 1, sometimes 2 at a time

Throw the ball in - the kids run around the goal and play 1 on 1 or 2 on 2 til they score or the ball goes out.

Keep it moving fast.

Make a bigger field, a bit narrower than normal. Over all size depends on number of kids. The idea is that they need to pass to the outside before shooting. There are 2 kids that run along the outside of the field and only play there. They are to get the ball and pass back inside. They need to make one outside pass after getting the ball before they can shoot.



Scrimmage