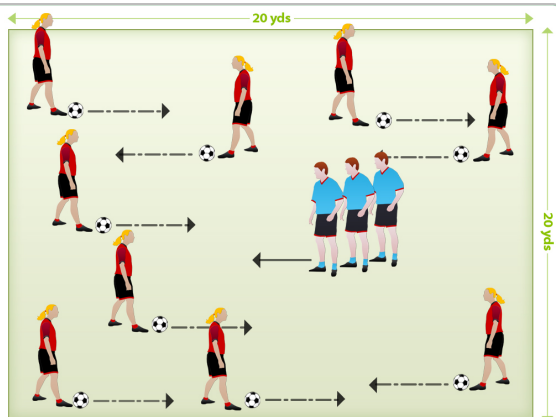


**NAME:** Hungry Hyenas **TYPE:** Warm-up **THEME:** Dribbling



**SET UP**

Set out a 20x20 yard area. Position red players randomly inside the area, each player with a ball. Position three blue players in the middle of the area.

**LEARNING OUTCOME**

Keeping the ball close and changing speed and direction.

**DIAGRAM KEY**

——— Player Movement    - - - - - Ball Movement    ——— Player/Ball Movement

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**HOW TO PLAY**

Blue players form a chain by linking arms or holding hands. Red players dribble around the area trying to evade blue players. Blue players try to tackle red players and kick their ball out of the area. When a red player dribbles outside of the area or his ball is kicked out of the area, he becomes a blue player and joins the chain by linking arms or holding hands with another blue player. The game ends when one red player remains inside the area with a ball.

**STORY**

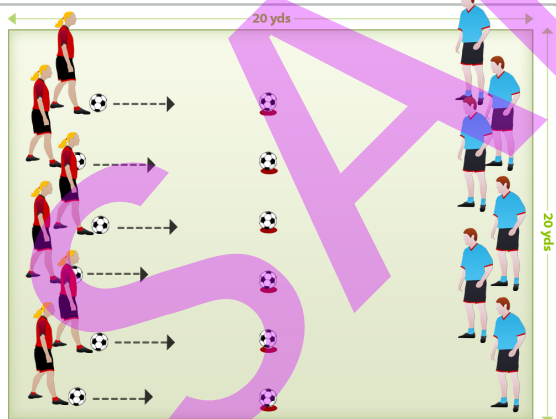
Hyenas hunt in packs and chase their prey. Watch out — we have hyenas on the loose! Don't let them catch you!

**COACHING POINTS**

1. Look up as much as possible between touches.
2. Keep the ball within 2-3 feet between touches.
3. Lean forward and place the sole of your foot on top of the ball to stop it. Roll the ball behind you with the sole of your foot and turn to change direction.

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**NAME:** Skittles **TYPE:** Technique **THEME:** Passing & Receiving



**SET UP**

Set out a line of balls on top of discs across the middle of a 10x20 yard area. Group players in two equal teams. Position the red team on the near end line, each player with a ball. Position the blue team on the near end line.

**LEARNING OUTCOME**

Passing with accuracy.

**DIAGRAM KEY**

——— Player Movement    - - - - - Ball Movement    ——— Player/Ball Movement

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**HOW TO PLAY**

Red players pass their ball across the area and try to knock a ball off a disc. Blue players retrieve a ball and repeat the activity in the opposite direction. Repeat several times. The team that knocks down the most "skittles" wins.

**STORY**

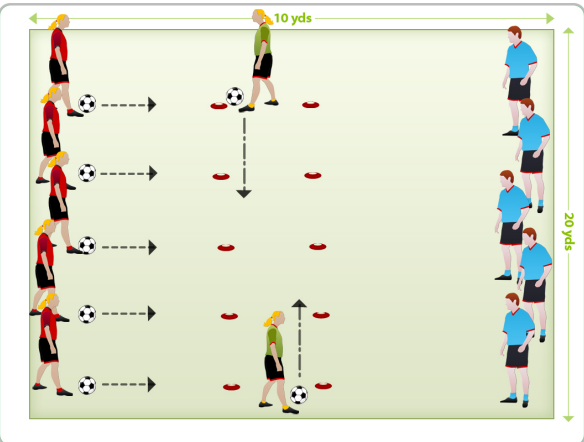
Skittles is England's version of bowling. Let's see how many skittles (pins) you can knock down.

**COACHING POINTS**

1. Place your non-kicking foot alongside the ball, toes pointing at the target.
2. Keep your eyes on the ball at the moment of contact.
3. Follow through in the direction of the intended target.

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**NAME:** Torpedo **TYPE:** Skill **THEME:** Passing & Receiving



**SET UP**  
 Set out a 2-yard channel in the middle of a 10x20 yard area. Group players in two equal teams with two additional players. Position red team players on the near end line, each player with a ball. Position blue team players on the far end line. Station two green players at opposite ends of the channel, each player with a ball.

**LEARNING OUTCOME**  
 Passing with accuracy.

**DIAGRAM KEY**  
 ——— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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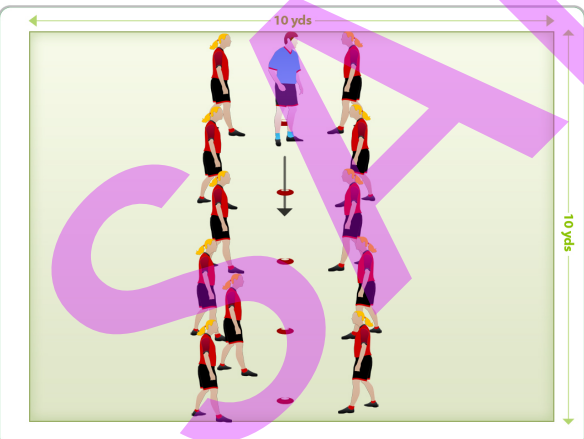
**HOW TO PLAY**  
 Green players dribble up and down the channel trying to avoid being struck by a ball below the knee. Red players pass their ball across the area trying to hit a green player below the knee. Blue players retrieve a ball and repeat the activity in the opposite direction. Rotate positions and repeat.

**STORY**  
 Submarines are launching torpedoes to sink enemy battleships. Can you get the target in your sights?

- COACHING POINTS**
1. Place your non-kicking foot alongside the ball, toes pointing at the target.
  2. Keep your eyes on the ball at the moment of contact.
  3. Follow through in the direction of the intended target.

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**NAME:** The Giggler **TYPE:** Activity Break



**SET UP**  
 Set out a 10x10 yard area. Position players in parallel lines, 2-yards apart.

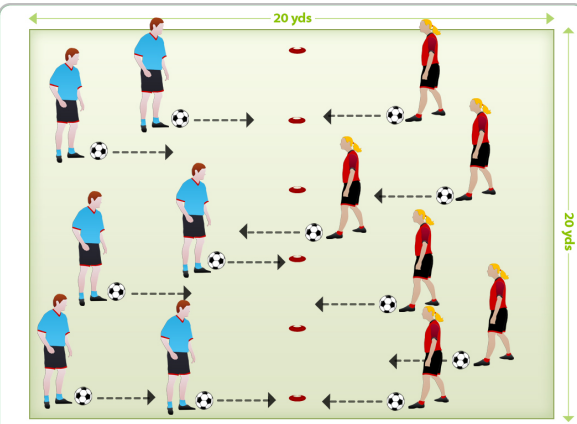
**DIAGRAM KEY**  
 ——— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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**HOW TO PLAY**  
 A blue player tries to walk between two lines of red players without laughing or smiling. Red players try to make the blue player laugh or smile without touching them. Rotate positions and repeat.

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**NAME:** Rally Tennis **TYPE:** Game **THEME:** Passing & Receiving



**SET UP**  
 Set out a 20x20 yard area with a midline. Group players in two equal teams. Position teams on opposite sides of the midline, each player with a ball.

**LEARNING OUTCOME**  
 Passing with accuracy.

**DIAGRAM KEY**  
 ——— Player Movement    - - - - - Ball Movement    - · - - - - Player/Ball Movement

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**HOW TO PLAY**

When the coach says, "Serve," players try to pass their ball into the other half of the area. Players on the opposite side of the midline try to control the ball and pass it back across the midline. If a ball is kicked out of the area, it cannot be returned to play. The object of the game is to get as many balls on the opposite side of the midline inside the area as possible. When the coach says, "Service Over," players freeze and the coach counts the number of balls on each side of the midline. The team with the fewest balls on their side wins.

**STORY**

Have you ever played tennis? In this game, we're going to pass the ball across the midline - kind of like playing tennis with a soccer ball!

**COACHING POINTS**

1. Place your non-kicking foot alongside the ball, toes pointing at the target.
2. Keep your eyes on the ball at the moment of contact.
3. Follow through in the direction of the intended target.

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SAMPLE