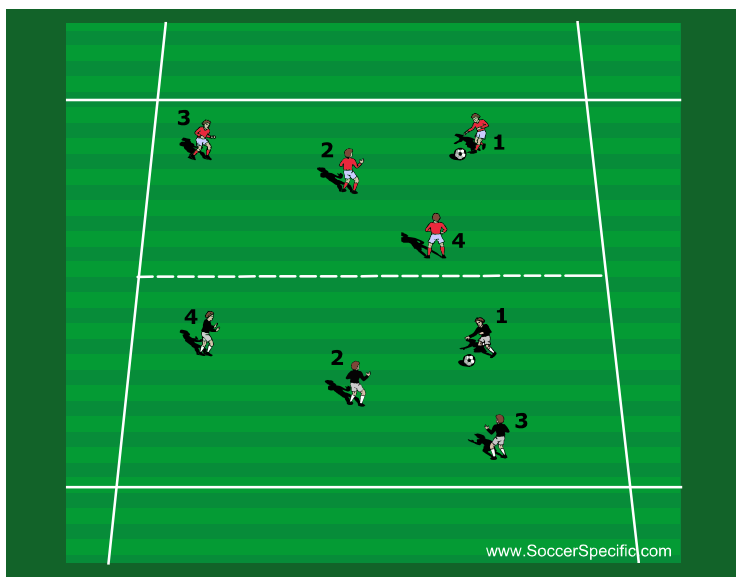


ACTIVITY #1

Set up: AAHPERD National Exposition 2011
Dr. Stuart Currie University of Tennessee, Martin
Ajit Korgaokar MS Middle Tennessee State University

Instructions: Dynamic Warm-up Exercises
Replicate movements performed during game play. Increase range of motion in the joints and muscles specific to the game.

Coaching Points: Develop fundamental motor skills, locomotor and manipulation skills, visual and spatial awareness and cues

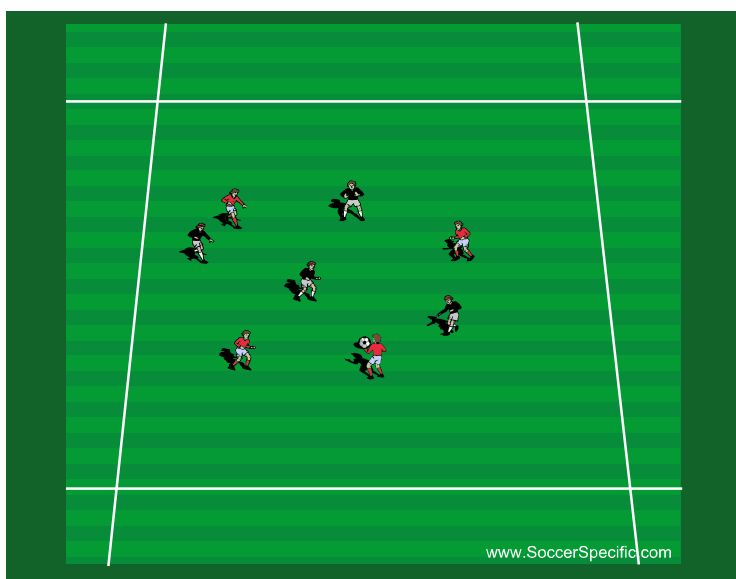


ACTIVITY #2

Set up: Sequence passing

Instructions: 1 ball among 4 players. Number the players 1-4. 1 passes to 2 and 2 passes to 3 etc. Players must follow their pass. On the coach's command, the teams must switch grids.

Coaching Points: Quality passing (accuracy & pace), first-touch, purposeful movement, recognizing and finding the correct passing lane.

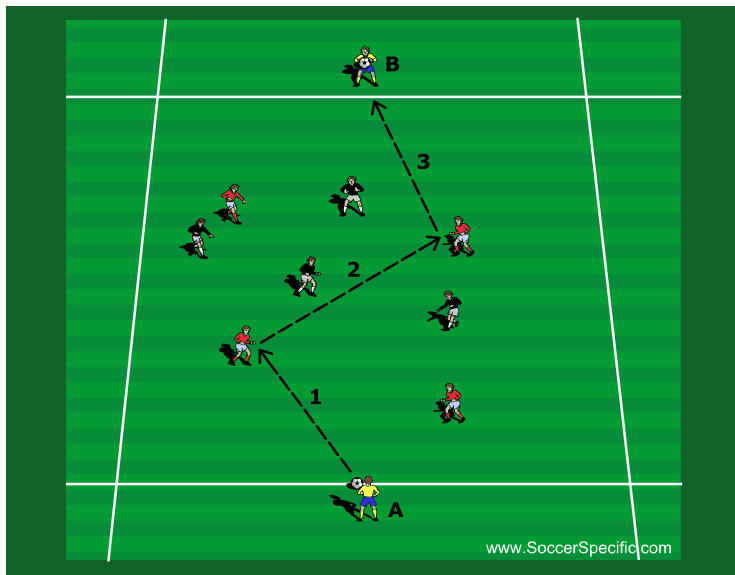


ACTIVITY #3

Set up: Activity #1 (handball game)
10yds X 20yds, 1-ball, 3-bibs (training vests)

Instructions: Game lasts for 30 secs, team in possession after 30 secs scores a goal, no running with the ball, no contact, possession kept for 3 secs only, team responsible for allowing the ball to hit the ground loses possession.

Coaching Points: Supporting angles and distance, visual and spatial awareness, choice of pass, timing of pass, visual and verball cues.

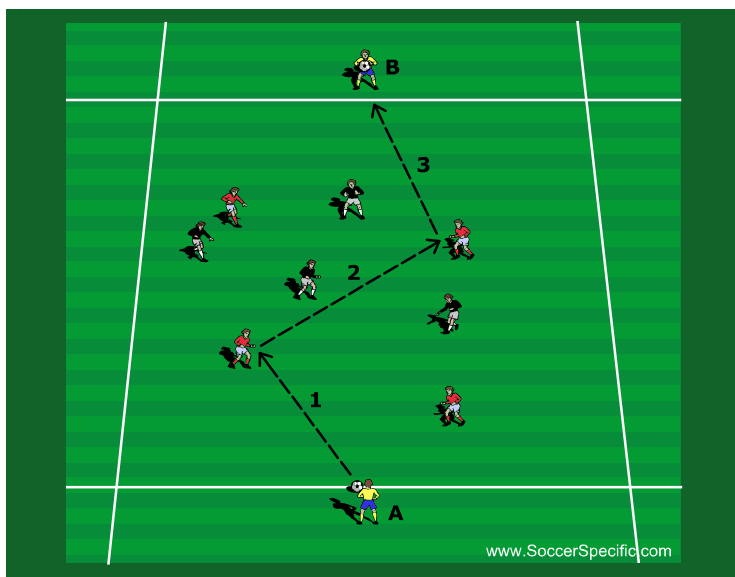


ACTIVITY #4

Set up: Handball to Targets
4v4 to target players

Instructions: Objective is for either team to pass the ball from one target player to another target player (A to B) using field players. Upon completion a goal is awarded. Target players (A&B) must pass the ball back to the team received from, must stay behind the grid line, and can move along the grid to get open to receive a pass.

Coaching Points: Supporting angles and distance, visual and spatial awareness, choice of pass, timing of pass, choice and timing of supporting runs, finding the open space, and visual and verball cues.

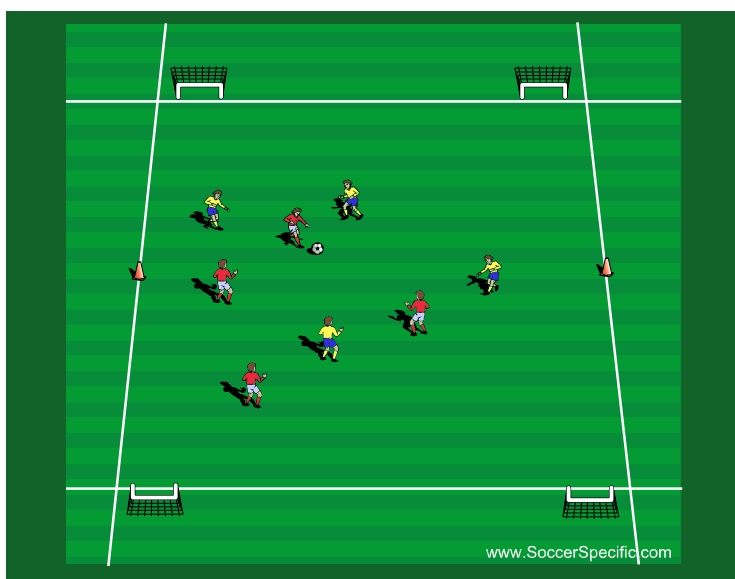


ACTIVITY #5

Set up: 4v4 to Targets (feet only)
Same as previous handball game

Instructions: Objective is for either team to pass the ball from one target player to another target player (A to B) using field players. Upon completion a goal is awarded. Target players (A&B) must pass the ball back to the team received from, must stay behind the grid line, and can move along the grid to get open to receive a pass.

Coaching Points: Quality of pass (pace & accuracy), choice of pass, timing of pass, supporting angles and distance, visual and spatial awareness, choice and timing of supporting runs, finding the open space, body position, and visual and verball cues.



ACTIVITY #6

Set up: Two-goal Game
4v4 to two goals. Half-way markers for attacking areas.

Instructions: Attack 2 goals and defend 2 goals. Can only score in the attacking half.

Coaching Points: Possession with a purpose, switching the point of attack, recognizing attacking opportunities, understanding when and where to defend. In short, incorporating the principles of play (attacking & defending).

ACTIVITY #7

Set up: Final Game

5v5 with goal keepers. Must replicate the 'real' game as close as possible. Use off-side markers.

Instructions: Few, if any, restrictions.

Coaching Points: Let the 'game' be the teacher. Any coaching should be within the flow of the game. The coach is there to facilitate learning and not be the focus. A player-centered approach is encouraged. Developing 'game craft' is the main objective.

