

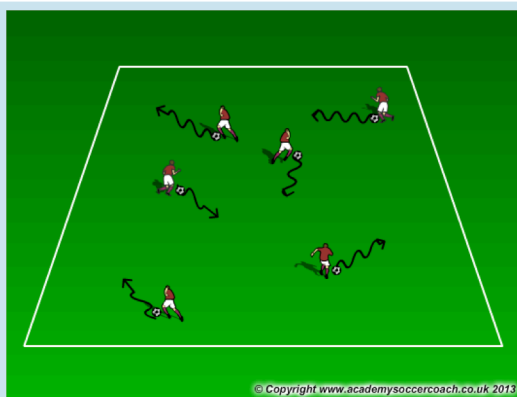


## Balance and coordination Warm up

Players run around square throwing ball up and catching

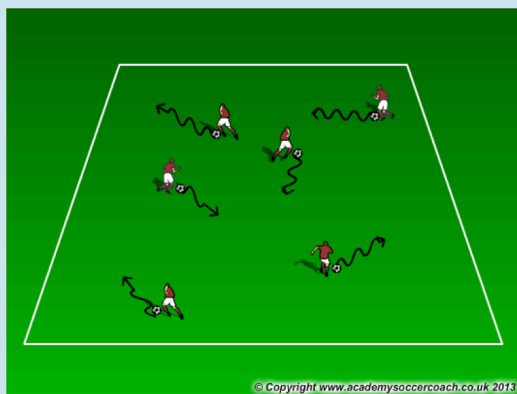
- Players clap before the catch
- Players bounce ball of thigh
- Players bounce ball of head
- Players kick ball and catch

Allow players to throw ball only a certain height



## ACTIVITY – Body Parts

Players dribble around in square watching not to bump into anyone. Coach shouts out a body part and the y place that part on top of the ball, stopping ball.



## ACTIVITY – Traffic Lights

Players dribble around in square watching not to bump into anyone. Coach can say color or hold something up of the color so players have to have head up.

- Green – Players move around in box
- Red – Player stop by putting foot on the ball
- Yellow – Players move slowly
- U turn – Player perform a drag back



## GAME – 4 v 4

LET THEM PLAY !!