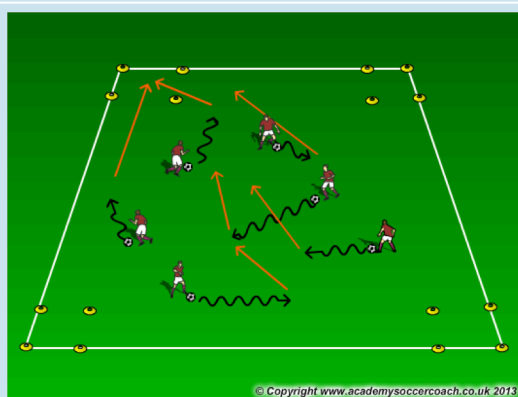


WARM-UP – Body Parts & Stuck in the mud

Players dribble around square placing body part coach calls out.

Players are split into two groups, everyone has a ball. The object is to stick the other team in the mud. Players are stuck by their ball been hit by another ball. Once players are stuck they lift ball up and hold above head. They can be freed by a teammate passing the ball through their legs.



SMALL-SIDED ACTIVITY - Islands

Players dribble around in square, have 4 “islands” set up at the corners. Name the islands. When coach calls the names players have to dribble fast to the island.

- Have players perform a drag back in island and come back off
- Players go to opposite island as coach shouts



SMALL-SIDED ACTIVITY – Pirates Treasure

Use the islands. Players are on their islands. They have to collect treasure and bring back to island. Players can steal from other islands.



GAME – 4 v 4

LET THEM PLAY