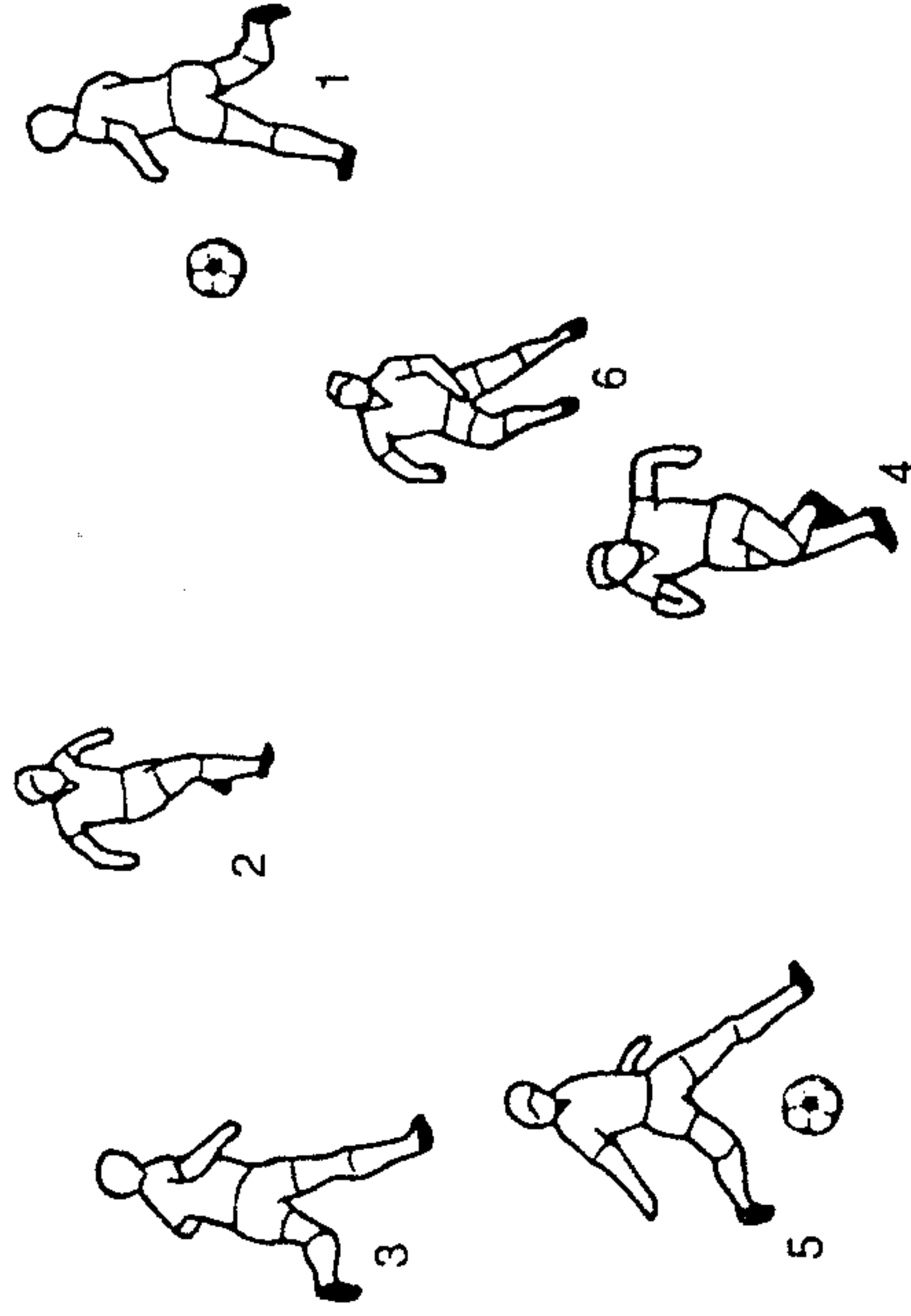


Organization: Groups ranging between 5-7 players per group. Will eventually need 2-3 balls per group.

Structure: Random formation in a general area. Players are numbered from 1 to whatever the size of the group.

Procedures: The activity starts with player number one in possession of the ball. Player 1 then passes to player 2, player 2 to 3 and so on with the last player passing back to number 1. All players are moving. No one stands still. After a pass is made the player must move into a space so not to interfere with next pass. Once players get into a passing rhythm, add a second ball and challenge them to try to catch the second ball. A player should not get caught with two balls. If they are up for the challenge, try three balls.



Analysis:

Technical: Passing, receiving, and dribbling. Playing to the feet of a moving target. Passing rhythm.

Physical: Jogging, sprinting, changing direction.

Tactical: Timing of runs to support the player with the ball. Movement off the ball.

Social/Psychological: Team harmony, a collective activity. Allows players to focus on the movements of the receiving and passing players.

Organization: Groups of four with one ball.

Structure: Area 10 x 20 with small goals. Use cones or shirts.

Procedures: Play 2v1 with the second defender as goalkeeper.

Once a goal is scored or the single player wins the ball, the goalkeeper comes onto the field and joins his partner. One player from the other team drops off and defends their goal, reversing roles with a 2v1 in favor of the other team. The team in possession of the ball always has both players out, while the defending team can only have one player on the field. **Variation:** Bring on the second player and play 2v2 emphasizing the transition from attack to defense and vice versa, as well as combination play.

