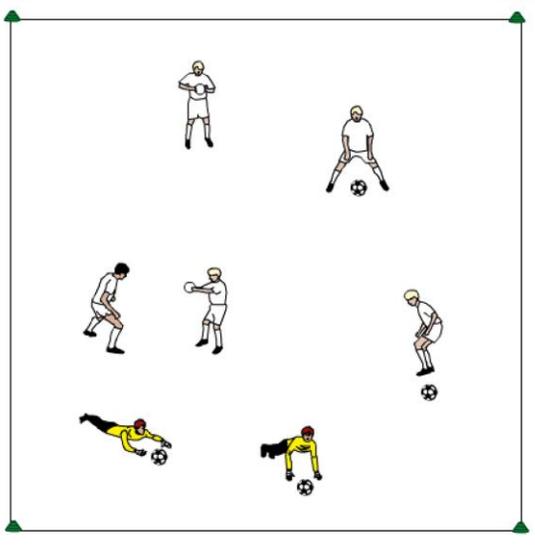
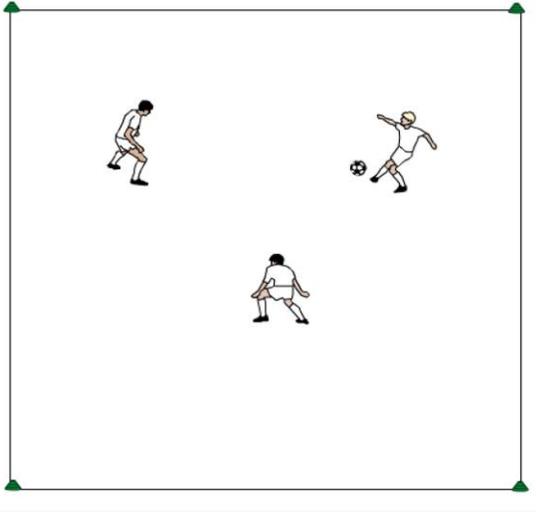
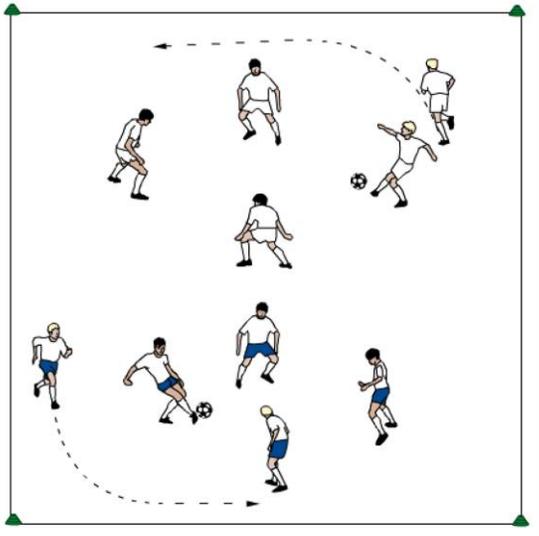
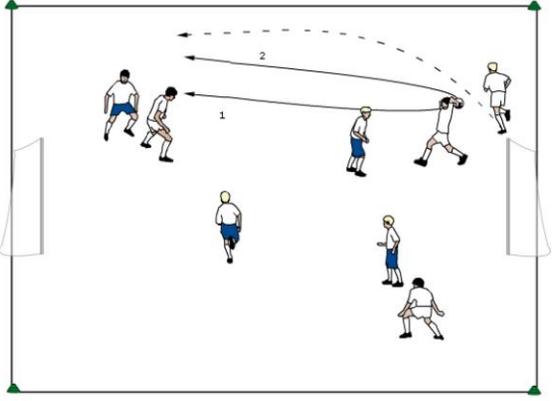


Activity Name	Description	Diagram	Coaching Points
<p><b>1 Warm-Up</b></p> <p>This activity is an individual ball gymnastic warm-up. At different intervals the coach should stop the gymnastics and have a stretch.</p>	<p>Examples: 1. players roll a figure 8 on the ground using their hands to push the ball around their spread out ankles - alternate directions. 2. With two hands holding the ball behind the back have players toss the ball over their heads and catch it in their hands without moving their feet. 3. In pairs, one player lies on the ground and the other player stands at his head. The player on the ground raises the ball pressed between his ankles and the standing player grabs the ball then runs around to place it between the other player's feet before they get to the ground.</p>		<p> Ball gymnastics are designed to promote flexibility, coordination, ball touch and ball confidence.</p> <p> Though some of these activities are 'handed' the emphasis is on body flow and movement.</p> <p> When working in pairs, both players get the chance to develop.</p>
<p><b>2 Technical Emphasis – receiving air balls</b></p>			
<p>Have a player hand pass (or foot if capable) to a second player who must receive the ball and touch it to the third player.</p>	<p>After a series of successful executions, have the third player move so the receiving player must first find him and then pass. At no time may the ball touch the ground.</p>		<p> If the first touch has proper cushion, then success is likely.</p> <p> Look for the player without the ball anticipating the play.</p> <p> Observe the touch and especially the timing of the off player. The object should be to keep the ball off the ground.</p>

<h3>3 Small-Sided</h3>			
<p>Divide the players into groups of five.</p>	<p>Four players must keep the ball alive while one player runs around the outside of the group. Each time he returns to his starting point without the ball touching the ground, a point is awarded. The first team to have five players run successfully wins.</p>		<p> A team game with cooperation gets results.</p>
<h3>4 Small-Sided - specific</h3>			
<p>Same grid as above</p>	<p>Same as above, but a specific body parts are designated to keep the ball in the air.</p>	<p>Same as above</p>	<p> Observe technique and the decisions made by the players.</p>
<h3>5 Group Activity</h3>			
<p>Divide the players into two groups and play on half the field with a goal at each end.</p>	<p>Using hand passes, give points for players who successfully receive the ball. If a player with the ball is tagged, the ball goes over. Points are also scored if a player receives a ball and heads it into the goal.</p> <p>Observe the player's choices – example: 1 to target player, 2 to overlapping player</p>		<p> In this game players who anticipate the play and get in proper position must be rewarded by the coach.</p> <p> Who really naces who wins in this situation? How they play is what counts. Vision counts as well as assessing your environment.</p>