



# LESSON PLAN



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
<p>1.</p> <p>Island Game</p>	<p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.</p>		<p>When dribbling for speed the players do not have to dribble the ball as close Their should be about five or six steps in between each touch of the ball</p>
<p>2.</p> <p>Edge of the World</p>	<p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over. Progressions: Players play ball with laces, inside of foot, etc.</p>		<p>Instead of having a line you could also have an end zone in which the players try to get their ball to stop.</p>

3.			
Ball Stealing	<p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???). Progressions: Rotate who starts with the balls.</p>	<p>When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender?</p> <p>If you are going to lose your ball can you find a teammate to give your ball to?</p>	
4.			
Everyone vs. Everyone	<p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score. Progressions: Define how goals are scored - by dribbling or shooting.</p>	<p>Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth</p> <p>As soon as players go through a gate they should look up to find an open gate and then go for it!</p>	
5.			
?V?	Scrimmage		