

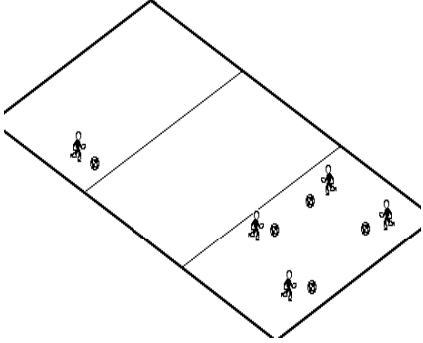
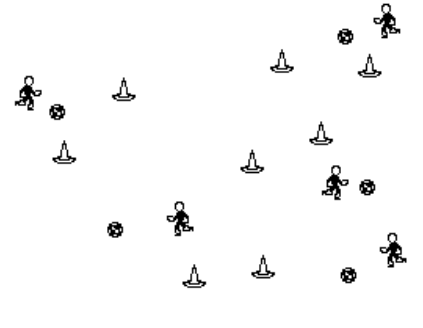
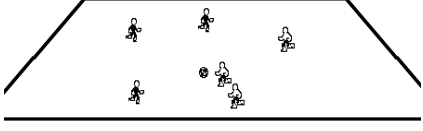


# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Retrieve	<p>The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.</p>		<p>The purpose of the activity is to encourage the children to move toward a target. First, by bring the ball with their hands and then with their feet.</p>
2			
Body Part Dribble	<p>In an area the size of the center circle the children dribble while avoiding each other. While they dribble the coach calls out a body part, such as “elbow,” “knee,” “nose” or “belly button.” The children stop the ball using the part of the body identified.</p>		<p>Children learn to keep the ball close so they can stop the ball quickly.</p>

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3			
Hospital Tag	<p>In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged. After the player is tagged for the third time, they must go to the hospital to get well. The hospital is a space ten to fifteen yards away where the player must dribble to and perform four ball touches. After completion they come back into the game with a fresh start.</p>		<p>The children learn to keep the ball close to be able to move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the “hospital” they are back in the game.</p>
4			
Gates Dribble	<p>Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble through as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another.</p>		<p>The children learn to control the ball at pace while running and turning.</p>
5			
3v3	<p>The session ends by playing 3v3 to the end line. This provides an appropriate target to attack and numerous 1v1 opportunities.</p>		<p>Children should be encouraged to try to dribble to the end line. There is no such thing as a “ball hog” here.</p>