

## Curriculum Week 3

### Session 1

|                      |            |                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------|------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Warm up Skills       | 5 Minutes  | Toe Touches<br>Capping<br>Quick Touch<br><b>Teach: Triangle</b><br>Fake and Take<br>Scissors<br>Rollover | <a href="http://www.youtube.com/watch?v=sL2_vDyKsU">http://www.youtube.com/watch?v=sL2_vDyKsU</a><br><a href="http://www.youtube.com/watch?v=n1gK5bsYaBM">http://www.youtube.com/watch?v=n1gK5bsYaBM</a><br><a href="http://www.youtube.com/watch?v=xbSsXdrbegw">http://www.youtube.com/watch?v=xbSsXdrbegw</a><br><a href="http://www.youtube.com/watch?v=3PVIXqpP3kE">http://www.youtube.com/watch?v=3PVIXqpP3kE</a><br><a href="http://www.youtube.com/watch?v=Fhpe53zL6hk">http://www.youtube.com/watch?v=Fhpe53zL6hk</a><br><a href="http://www.youtube.com/watch?v=LVuzth7s6Ec">http://www.youtube.com/watch?v=LVuzth7s6Ec</a><br><a href="http://www.youtube.com/watch?v=gGKRrKk2gos">http://www.youtube.com/watch?v=gGKRrKk2gos</a> |
| Speedwork            | 10 Minutes | Ladders                                                                                                  | <a href="http://www.youtube.com/watch?v=2GHUjqlQPh4">http://www.youtube.com/watch?v=2GHUjqlQPh4</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Change in Direction: | 15 Minutes | <b>Teach: Inside of the foot turn</b><br><b>Teach: Outside of the foot turn</b>                          | <a href="http://www.youtube.com/watch?v=CmbehZHKXlg">http://www.youtube.com/watch?v=CmbehZHKXlg</a><br><a href="http://www.youtube.com/watch?v=P_n10JSLft8">http://www.youtube.com/watch?v=P_n10JSLft8</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Activities           | 15 Minutes | Boss of the ball                                                                                         | <a href="http://www.youtube.com/watch?v=ZXSZ_Rw6iww">http://www.youtube.com/watch?v=ZXSZ_Rw6iww</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Scrimmage            | Minutes    |                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

### Session 2

|                      |            |                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------|------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Warm up:             | 5 Minutes  | Toe Touches<br>Capping<br>Quick Touch<br>Triangle<br>Fake and Take<br>Scissors<br>Rollover | <a href="http://www.youtube.com/watch?v=sL2_vDyKsU">http://www.youtube.com/watch?v=sL2_vDyKsU</a><br><a href="http://www.youtube.com/watch?v=n1gK5bsYaBM">http://www.youtube.com/watch?v=n1gK5bsYaBM</a><br><a href="http://www.youtube.com/watch?v=xbSsXdrbegw">http://www.youtube.com/watch?v=xbSsXdrbegw</a><br><a href="http://www.youtube.com/watch?v=3PVIXqpP3kE">http://www.youtube.com/watch?v=3PVIXqpP3kE</a><br><a href="http://www.youtube.com/watch?v=Fhpe53zL6hk">http://www.youtube.com/watch?v=Fhpe53zL6hk</a><br><a href="http://www.youtube.com/watch?v=LVuzth7s6Ec">http://www.youtube.com/watch?v=LVuzth7s6Ec</a><br><a href="http://www.youtube.com/watch?v=gGKRrKk2gos">http://www.youtube.com/watch?v=gGKRrKk2gos</a> |
| Speedwork            | 10 Minutes | Ladders                                                                                    | <a href="http://www.youtube.com/watch?v=2GHUjqlQPh4">http://www.youtube.com/watch?v=2GHUjqlQPh4</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Change in Direction: | 15 Minutes | Review: Inside of the foot turn<br>Review: Outside of the foot turn                        | <a href="http://www.youtube.com/watch?v=CmbehZHKXlg">http://www.youtube.com/watch?v=CmbehZHKXlg</a><br><a href="http://www.youtube.com/watch?v=P_n10JSLft8">http://www.youtube.com/watch?v=P_n10JSLft8</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

**Teach: Stop Turn**

<http://www.youtube.com/watch?v=18rf0FCSs04>

Activities 15 Minutes

2 Zone game

Attached document: 1v1 attacking through 2 zones

Scrimmage 20 Minutes