

Rotation Chart

Game	Start	2nd quarter	Start 2nd half	4th quarter
Team	1st	2nd	3rd	4th
Player 1				
Player 2				
Player 3				
Player 4				
Player 5				
Player 6				
Player 7				
Player 8				
Player 9				
Player 10				

Game	Start	2nd quarter	Start 2nd half	4th quarter
Team	1st	2nd	3rd	4th
Player 1				
Player 2				
Player 3				
Player 4				
Player 5				
Player 6				
Player 7				
Player 8				

Practice

- **Should last no longer than 1 hour**
- **Parents are encouraged to participate in practice**
- **Coaches are responsible for letting parents know when practices and games will be.**
- **First practice, make sure to identify your team parents and participants to make sure you have everyone.**

Games and Activities

Warm Up Activities:

Sharks and Minnows: 20x20 grid. All players start in a line at one end of the grid, with the coach in the middle. Coach is the “Shark” and on coaches command all players/ “minnows” try to get to the other side without getting caught by the shark. If caught the player becomes a shark too. This can be used without the ball to just get the players moving and with the ball to practice more tactical skills.

Red Rover: 20x20 grid. All players start in a line at one end of the grid, with coach in the middle. Coach call ‘Red rover, red rover, send everyone over’ (or you can pick shirt colors if numbers are too big) the coach tries tags players as they try to run to the other side. If they get tagged they are in the middle with the coach. If they make it they wait on the other side for the coach to call again. This can start without the ball for warm-up and agility training and progress to with the ball for more tactical practice of dribbling. Instruct them to keep their eyes up.

Blob Tag: 20x20 grid. Coach is it and attempts to tag players. If they are tagged they link arms and continue to try to get other players while still linked together. Start this without the ball and then progress to all players having a ball. When tagged the players ball is kicked out of bounds and they link arms and the “Blob” continues to try to catch other players.

Follow the Leader: Coach is the leader. Lead players in jogging, running, jumping on 2 feet, jumping on 1 foot, skipping, leaping. This gets the players warmed up and having fun while learning important physical concepts. You can allow players to take the lead and encourage them to be creative in their movements.

Simon/Coach Says: All players stand in front of the coach. The coach give commands for the player to do, the players follow directions. This is a fun way to warm up the team and get the players ready to follow instructions. This can be modified by introducing the ball in the game and continue with ball related instructions

Physical Activities:

Technical Activities:

Shadow Dribbling:

Use the whole field for this activity. All players have a ball. Start by telling all the players they are your “shadow” and they need to follow you wherever you go. Do this for about a minute then pair them up and have them take turns being the shadow. Have them start this walking, reminding them to keep their ball close, the eyes up, and to use both feet. Progress to going faster each round.

Everybody’s It:

Use a 20x20 grid. Every player has a ball and is inside the grid. Have them start dribbling their ball inside the space, on the coach’s command all the players try to tag all the other players while trying to avoid being tagged. They get a point for every tag. Start with having them tag any part of the players and then have them progress to have them have to tag the other players ball. Remind them to keep their ball close, in control and to be creative to keep their ball away from others.

Crazy Maze:

Set up gates with 2 cones all over the field area. Have the players see how many gates they can run through in 60 seconds. Have them do this once without the ball and then have them dribble their ball while going through the gates. Do several rounds and give encouragement for improving their own score each time. Remind them to use both feet and both sides of the foot.

Hit The Coach:

This a simple game that can be modified in many different ways, and the players LOVE it. Have each player with a ball. Have the players dribble after you trying to hit you with the ball, they get a point for each time they hit the coach. Start walking and progress to running in different directions. Have an assistant or parent help to split them up into smaller groups if possible. Remind them to keep their ball under control.

Cool-Down Activities:

Zen Dribble:

Have players pair up. One ball for each pair. Have one player close their eyes, the other player holds their hand and tells the player with the eyes closed what direction to dribble the ball. Go for 30 seconds each. You can do a couple of rounds. Remind them to be safe and helpful.

Animal Stretching:

Have players form a large circle with the coach in the middle. The coach calls out different animals and the players stretch like them: cat, monkey, elephant, giraffe, and snake...ect. Be creative to get them balancing, touching their toes and stretching up high. Allow them to call out names and everyone else follows their lead.

Super Slow Mo:

20 x 20 grid. This is a very simple cool down activity that get the kids slowed down and cooled down. Have all players lined up on one side of the grid with their ball. The coach tells all players they are going to be in super slow motion now. Have them dribble, kick, run, turn, stop, fall....all in slow motion, around the grid.

Juggling:

All players have a ball on the field. Have the players try to “juggle” their ball with either their feet or their knees. Start with just having them try to drop the ball onto their foot or knee and have it bounce back to their hands. Then progress to dropping the ball and having it touch their foot or knee twice before grabbing it with their hands.