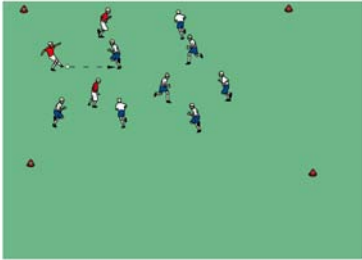

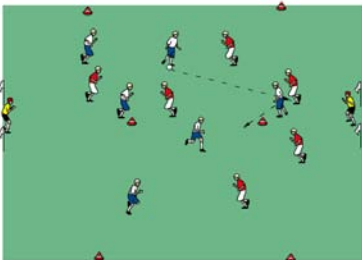


Teamwork and Shape-Vince Ganzberg-Indiana Youth Soccer

Age Groups: U12 and up

<p>Warm-up</p> <p>“Bulldog”</p> <p>Put the entire group inside a playing area. Two-Four players start off as the “bulldogs” and wear pennies/bibs. Have pennies/bibs and balls around the area. The “bulldogs” try and work together to “hit” a player below the knees. When a player gets hit, they join the “bulldogs”. Progress along for time or until a group remains.</p>		<ul style="list-style-type: none"> • What types of passes do we need? • How can you help your teammate with the ball? • How can you as a team keep the ball from going out of bounds?
<p>1st Activity</p> <p>“Bags”</p> <p>Even or odd numbered amount of players may be used. Players place two bags about 25-30 yards apart from each other. The coach stands on the outside. The instruction to the two teams is to possess the ball around the two bags and then get the ball back to the coach.</p>		<ul style="list-style-type: none"> • How can you receive the ball so you can see the whole field? • What types of passes do we need? • Where do we need players from our own team to be?
<p>2nd Activity</p> <p>The Length Game</p> <p>Two teams of 5-6 players. A point is scored each time the ball is played into the final zone and then possession is retained.</p>		<ul style="list-style-type: none"> • What types of passes do we need? • Why is it important to have someone long? • What happens after the ball is passed back?
<p>8v8 game</p> <p>To incorporate circulating the ball, the team that has the most players score wins the game.</p>	