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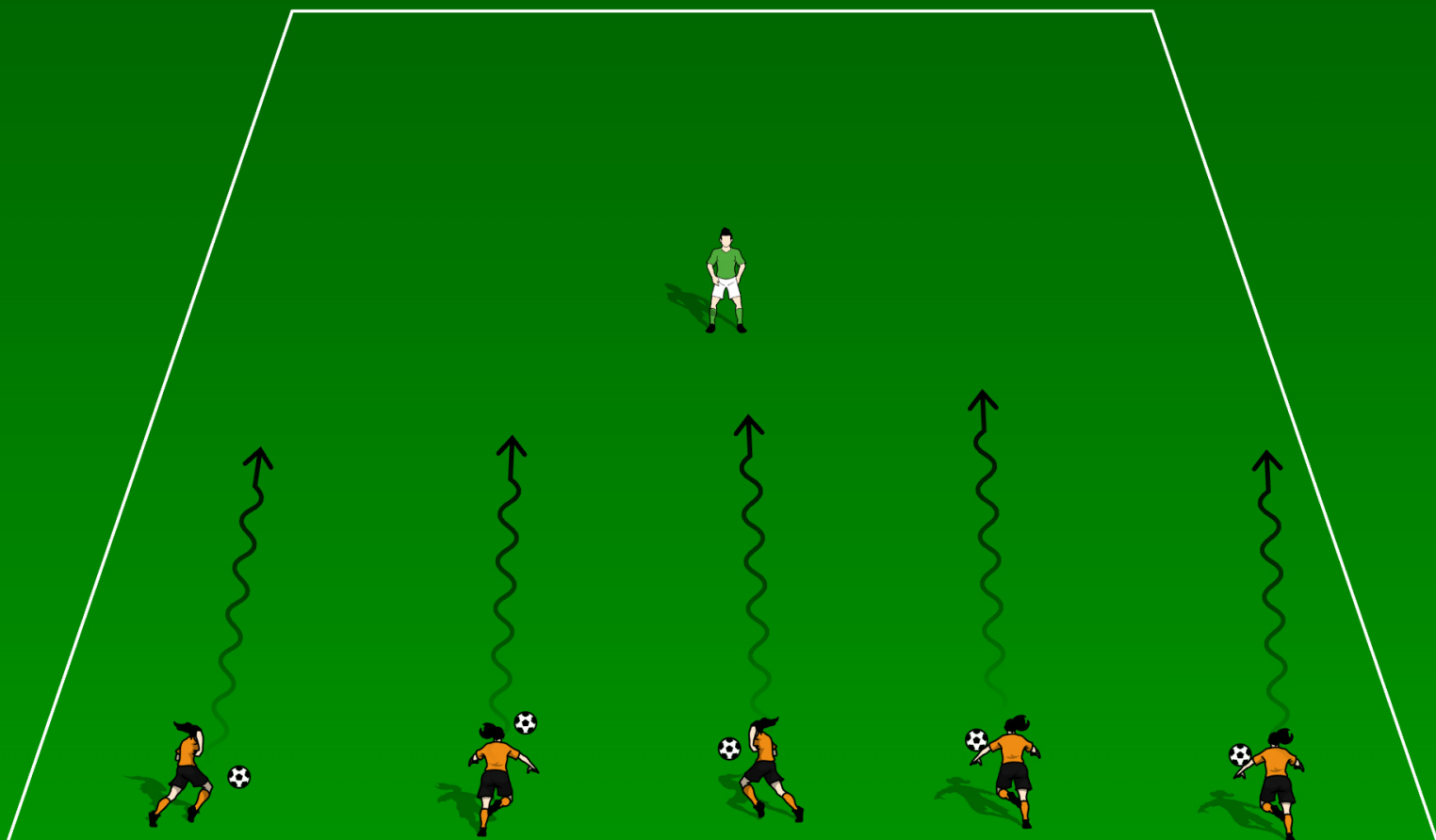
The coaches are the targets. The objective of the players is to catch the coach. Once a player catches the coach, they get a high-five. As the coach, make sure to move about the entire field making the players change direction. This can first be done without a ball.

Progressions:

1. When a player reaches the coach, instead of a high 5 the coach opens their legs and the players pass it through to the other side.
2. Reverse roles, now the coach tries to catch the players.

Coaching Points:

1. Controlled dribbling
2. Keep head up
3. Use the inside of the foot to pass between the coaches legs



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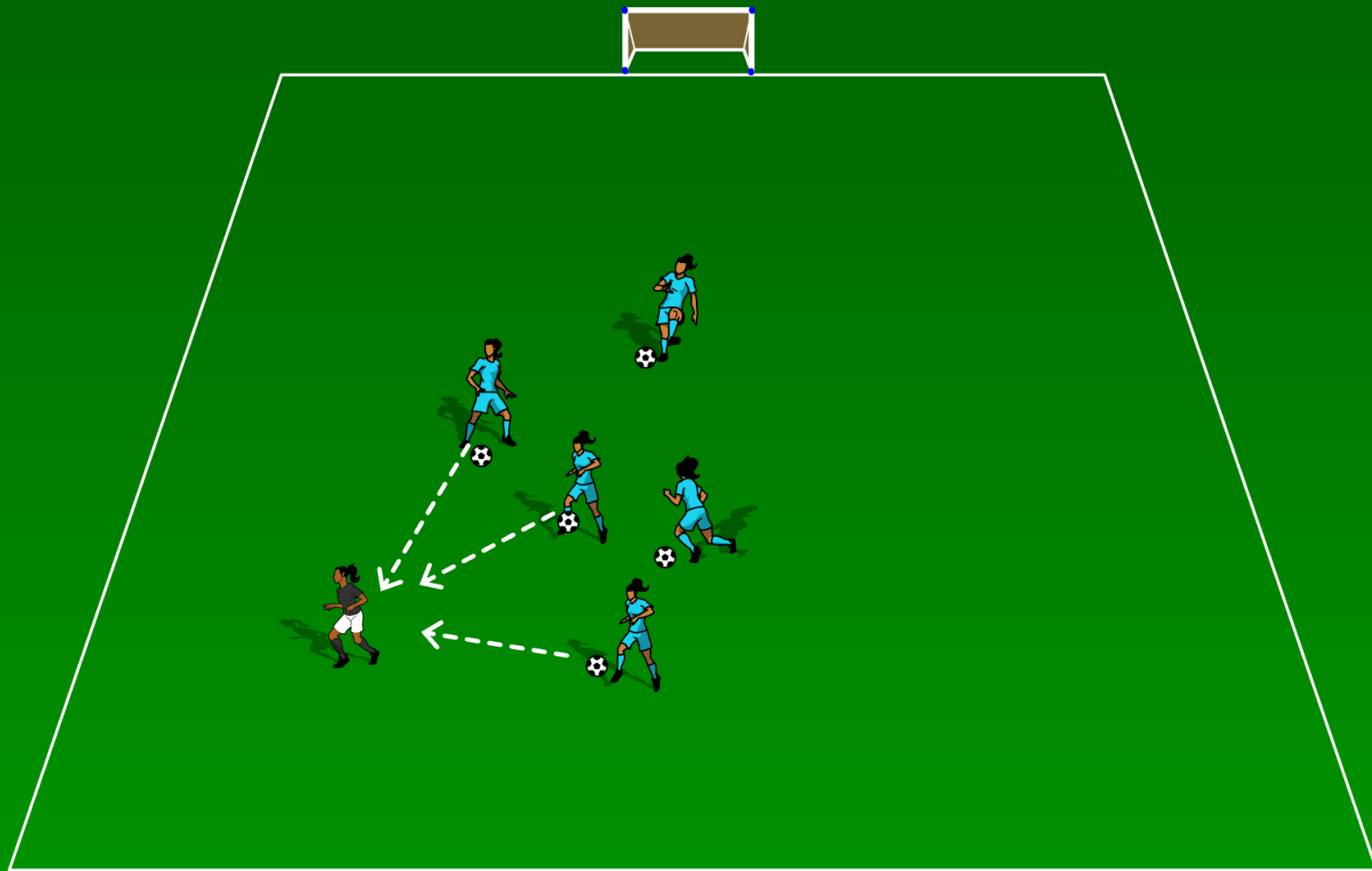
Players are to dribble through the ocean, and safely get to the other side of the field. Every player starts with a ball, and will align on one side of the field. Players are fish and coaches are sharks (defenders). Players attempt to cross the field when the coach calls out "fishy fishy, cross my ocean." If players successfully dribble through to the other side of the field, then they will receive 1 point. If they are to travel outside the grid, they must perform 5 toe taps before re-entering the game.

Progressions:

1. Change the phrase ex. "Fishy Fishy cross my ocean if you like ice cream"
2. Have each player take turns being a shark
3. If players are to stop the ball on the end line, they are rewarded 2 bonus points.

Coaching Points:

1. Keep the ball close and controlled
2. If a shark comes close to you, change your direction
3. Keep head up to know where space is and dribble into the open space away from sharks



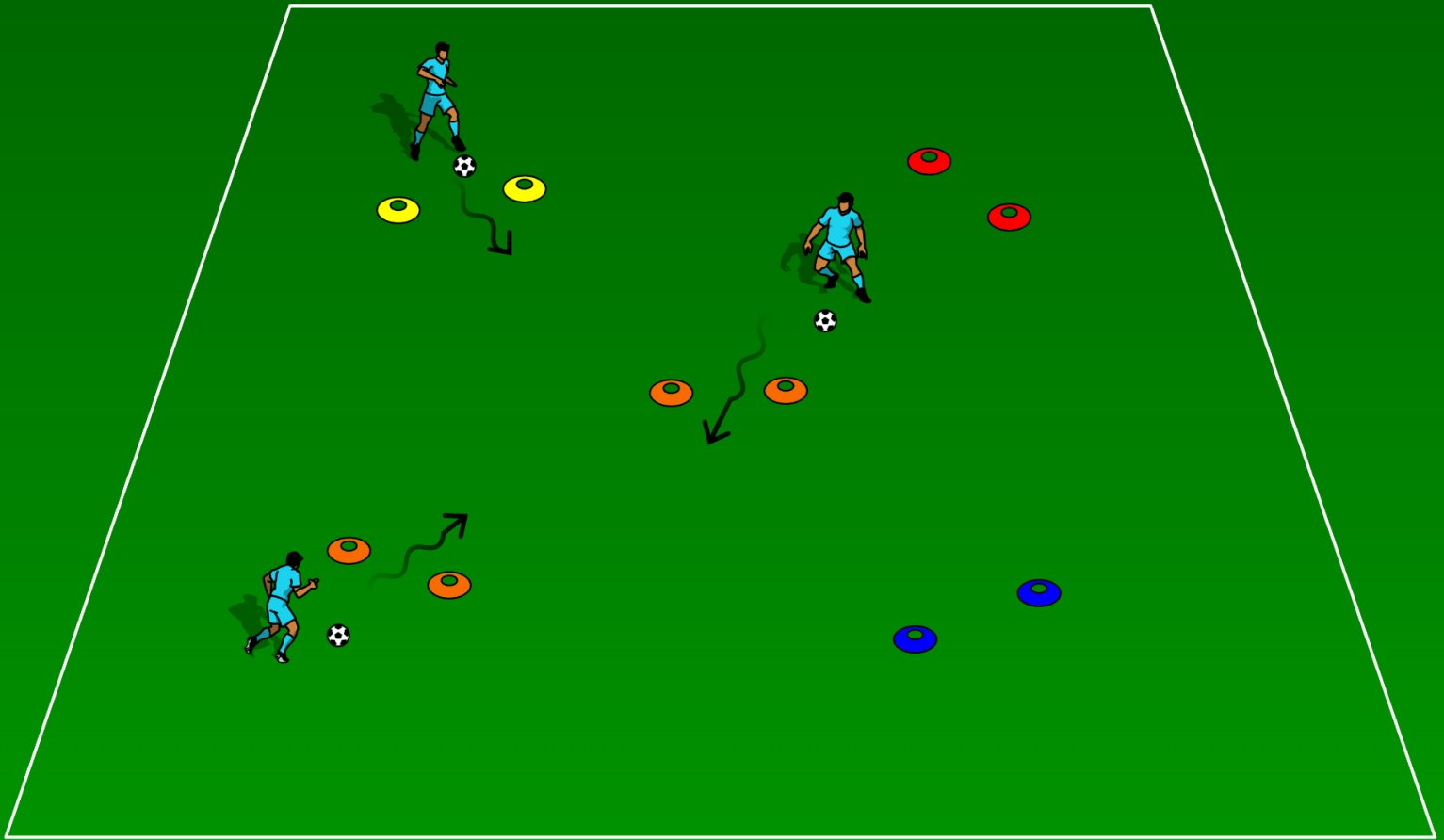
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Every player will begin with a ball. Coaches are the robots, and players are the robot hunters. Robot hunters need to save the world by shutting down the robots. They will do so by hitting the robot 4 times with a pass. Each time a robot is hit they will lose a limb (arm x2 and legs x2). Once a robot is hit 4 times, they will shut down permanently. Players should work together to shut down all robots, and save the world!

Coaching Points:

1. Keep the ball close and controlled
2. Head up to locate where robots are moving to
3. Dribble close enough to the robot to be able to hit an accurate pass at them using the inside of the foot



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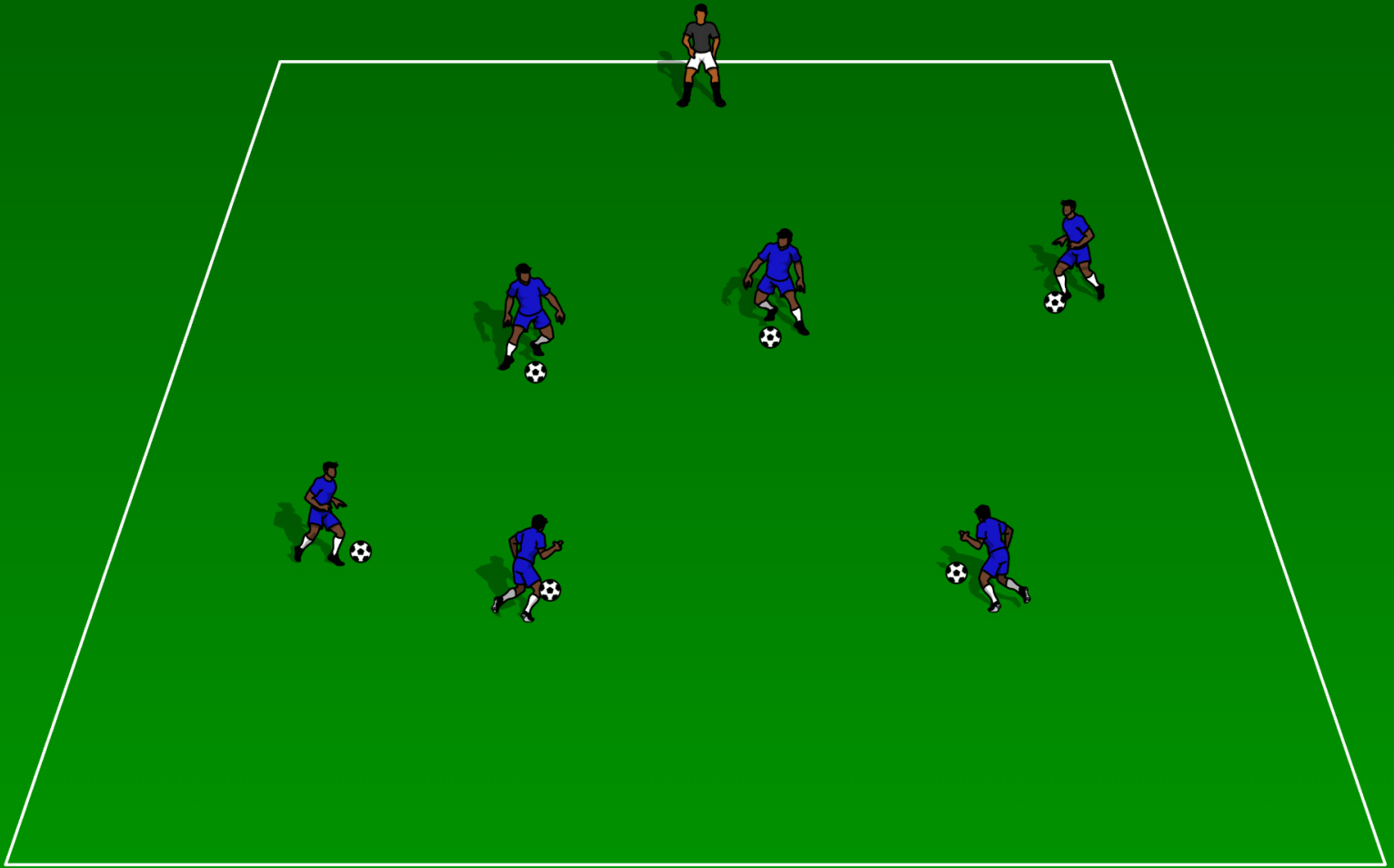
Players are dribbling around attempting to save as many animals as possible. In order to save an animal, a player must dribble through a gate and shout the name of the animal they are saving. Free as many as you can!

Progressions:

1. The animals are scared. You must pet them (4 toe taps) to make sure they are okay.
2. The zoo keeper (defender/coach) is upset you are freeing all the animals and is going to try and stop you.

Coaching Points:

1. Keep all close and under control
2. Head up to find next gate
3. Close control and technique is more important than speed



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Aim is to have players dribble at different speeds. Each player has a ball. Begin by having players dribble around the open space.

Coach yells “red light” players stop ball and put foot on top of the ball.

Coach yells “green light” players dribble fast.

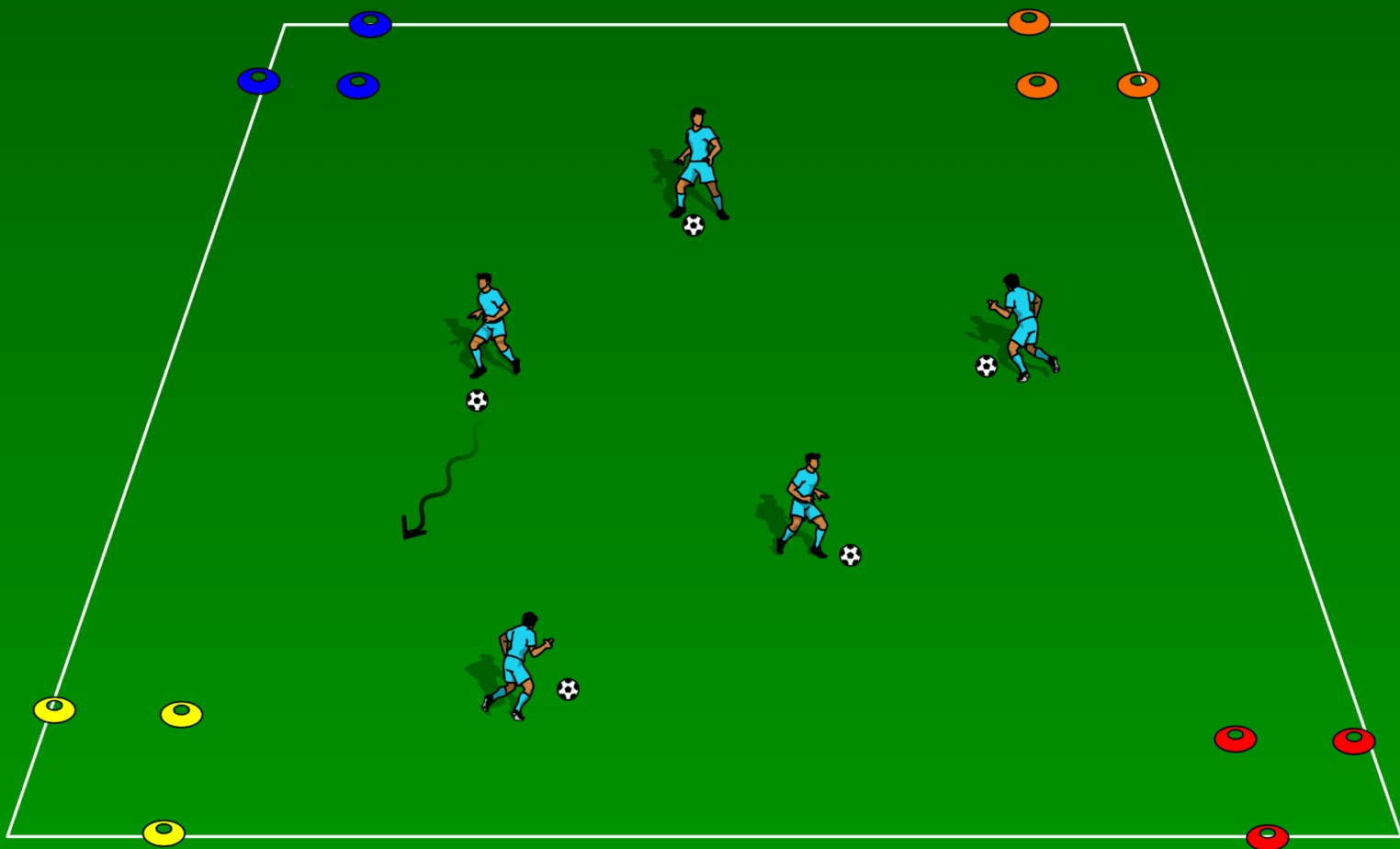
Coach yells “yellow light” players dribble slow.

Progressions: Add other colors. For example;

1. Blue Light = hop back and forth over the ball
2. Pink Light = run around the ball in a circle
3. Black Light = 4 tik-toks
4. Orange = 4 toe taps

Coaching Points:

1. Emphasize close, controlled touches
2. Head up to find open space
3. Challenge players to stop the ball with their sole



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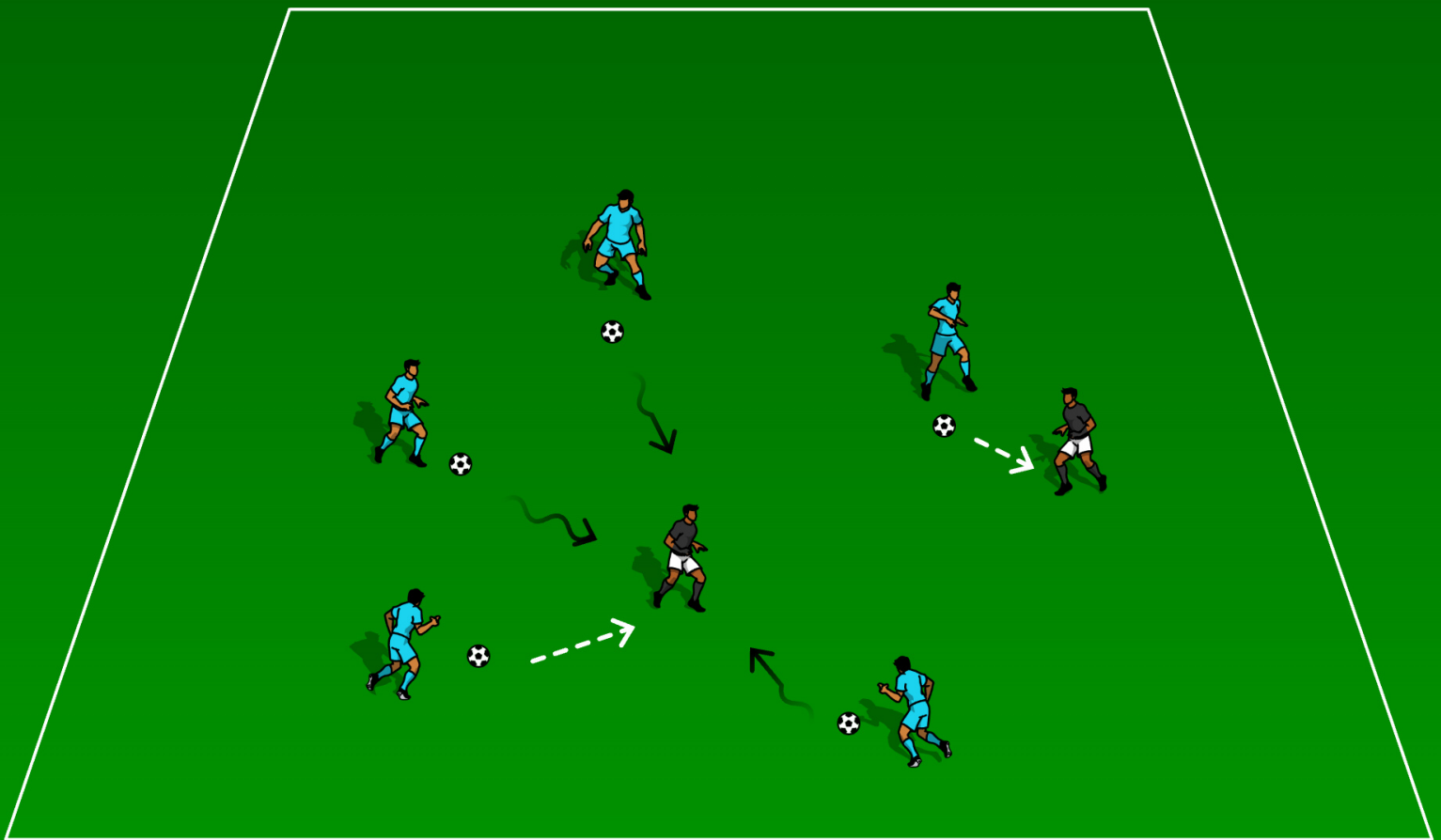
Players have gotten their license early, and are driving different types of vehicles. Their ball will represent their car. Coach will then define three different types of cars: Slow-Tractor, Medium-Minivan, Fast-Racecar. When coach calls a type of car, players will dribble at that pace.

Progressions:

1. Add additional characteristics of cars and relate them to skills: Windshield Wipers- Tik-Toks, Pump Gas-Toe-Taps, Brake- Stop
2. Add locations in the four corners for players to travel to
3. Add policeman (coaches) as defenders that players protect their ball from and avoid.

Coaching Points:

1. Close control
2. Travel to open space
3. Keep head up to find the space



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Each player begins with a ball. Coaches are space invaders attempting to take over the players ship. In order to protect their ship players must hit the invaders with their ball. Coaches are to travel all over the open space making players change directions. Every time a player hits an invader they get a point. Play for a minute and ask players their score.

See if they can beat it the next time.

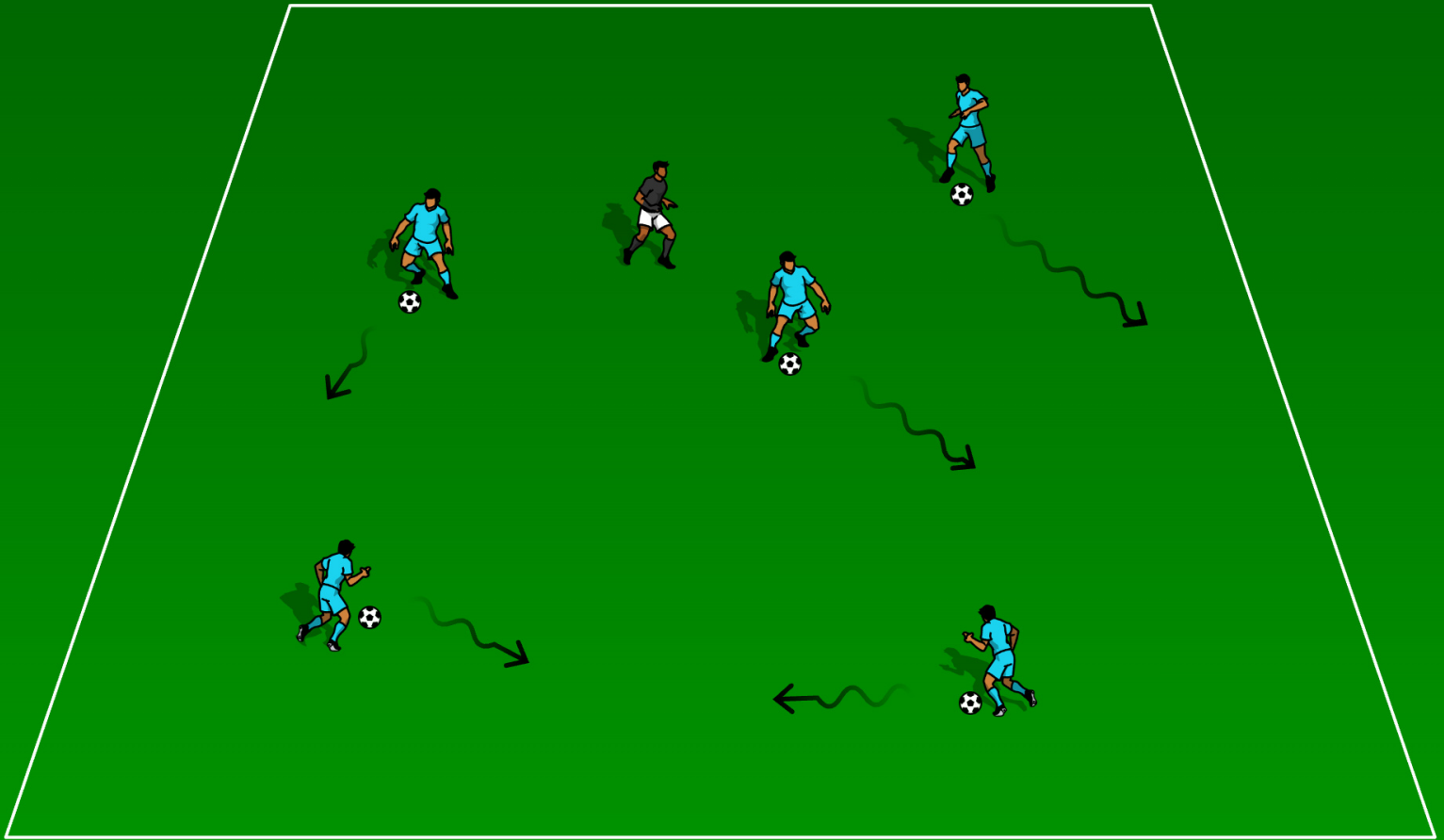
Progressions:

1. Switch roles, now the players are invaders and the coaches are trying to catch the players.

Coaching Points:

1. Close control
2. Head up to know where invaders are
3. Hit the ball with the inside of the foot to make an accurate shot at the invader





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Classic game of freeze tag. Coach begins as the tagger. Players begin by dribbling around the space attempting to avoid being tagged. If tagged, the player freezes and holds their ball over their head. Teammates can un-tag them, and they may begin dribbling again.

Progressions:

1. Change the activity players must do if tagged (i.e tik-toks, a dance move)

Coaching Points:

1. Encourage players to take small touches when tagger is close (so they can change direction more quickly) and bigger touches to get away from the tagger  
2. Head up to know where tagger is and to find open space