

## **WEEK V- SHARING THE BALL**

October 15, 2011

Warm up: (10 minutes) Stump the Player-Stump the Coach

Theme- Passing playing the ball with accuracy (20 minutes)

**I- Space Invaders**- think back to the classic video game. Half of the players have the balls and try to shoot down the aliens (coaches and parent volunteers) that move side to side and then a step forward going faster and faster the closer they get to the shooters. Make sure to stress that accuracy will likely destroy more aliens than will just blasting the ball. The other half of the players go behind the aliens and retrieve the balls and deliver them back to the shooters by dribbling them around the alien attack grid. Once there are only one or two aliens "left", they may move faster to increase the difficulty.

**II- Drop the ball** (a great exercise to get players to move and call for the ball). Start with three balls in a group of twelve players. On the "Go," players with the ball dribble it around the grid until they hear a "Drop" call and then roll or heel the ball behind them to a player. Please quickly demonstrate- a picture speaks a thousand words! Have players keep track of the number of drops they get in a minutes time.

**III- Yes, Please!** 3 balls in group of twelve. A coach supervises each group of four and gives each player a number (1 through 4). The coach then explains that they want 1 to pass to 2; 2 to pass to 3; 3 to pass to 4; and 4 to pass to 1. Passes should be accurate and players should move around when they do not have the ball. Players should either lead the pass when a player is running parallel or away from them or play the pass to their feet if the player is running toward them. Once there is a good rhythm going and players have this under control, change the order by yelling "REVERSE" (1 to 4; 4 to 3; 3 to 2; 2 to 1)

The Game: (30 minutes) try to incorporate several "teachable moments" within your game. A Stop- Freeze should get the players attention and then your task is to point out the correct behavior you just witnessed and ask the players to repeat their great demonstration for everyone's benefit. You could also choose to have the players that made an error have the chance to make the correct choice or action doing these teachable moments. Try to balance out both your constructive criticisms and your positive examples of how to play. Keep your comments short- let the kids play!