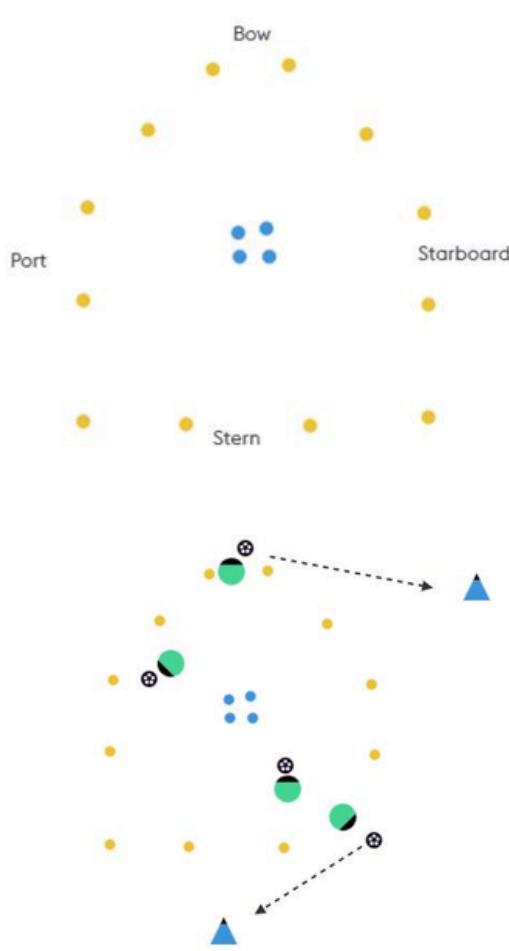




## Practice Plan: Dribbling/Passing Time 60 min.



### Explore your Ship

Time 10 minutes

**Going to be a Pirate? You need to know your directions!**

#### Setup

Make a ship shaped field

4 Parent helpers to stand at each side of the ship

Same as other directional dribbling games. Move around the ship. **Bow, Stern, Port ,Starboard**

**Slowly build and add in your coaching commands**

### Warm up/ Turns

#### Coaching Commands

Raise the mainsail - Go to 4 cones in the middle of the ship and do 10 toe taps.

Scrub the deck - Using the sole of your foot rub the ball back and forth 10 times

Captain on deck!- Yell Aye Aye Captain

### Protect your Ship from the Sharks

#### Passing

Time 7 minutes

#### Setup

Still use your ship as your play area

**Now the disks that make up your ship become cannons. Pirates will launch their cannon balls at any enemy from on top of the disks.**

Blue triangles are the sharks

Sharks will swim around the ship looking for a chance to climb on board.

coach will yell "Here come the sharks" and the sharks will have 10 second to run around the ship

### Water Break

### Treasure Time

### Dribbling at Speed

Time 10 minutes

#### Setup

Field/space 20x20

All the extra disks and cones in the middle

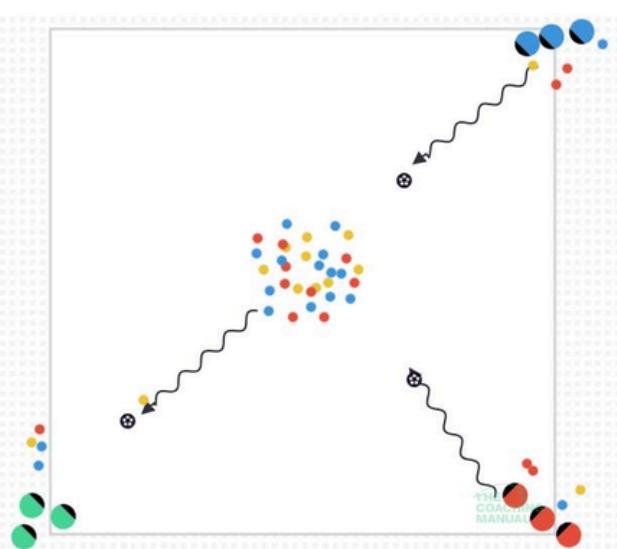
Teams will run a relay race to collect as many gold, ruby's and diamonds as they can

#### Coaching Points

Dribble fast

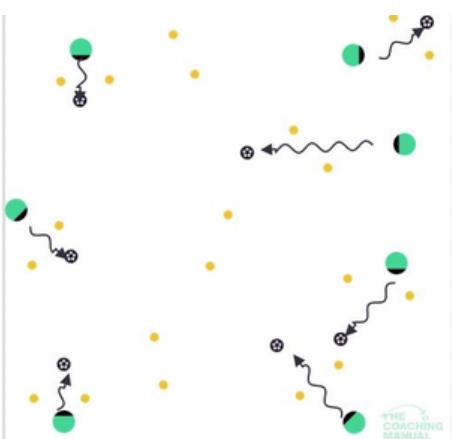
Add more teams (roughly 4 kids on each team)

**Have the teams count all their treasure and report on what they have.**

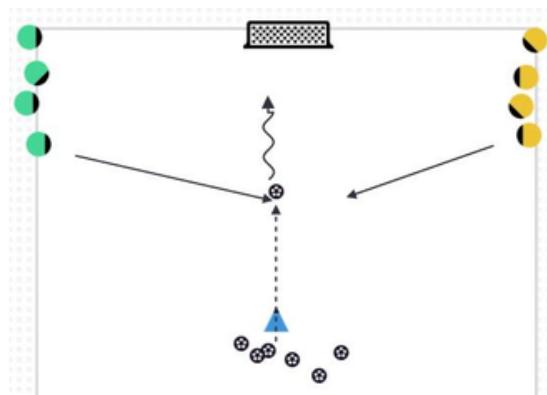


## A Pirates life for me

Time 60 min.



## Water Break



## Hide your Gold

Time 10 minutes

## Setup

Field/space 15x15 or (20x20)

All players have a ball

10 + gates to dribble through

## Dribbling

## Coaching Points

Take your treasure and try to hide it in as many caves as possible

Fast controlled dribbling

Progression - Toe taps at each cave entrance to bury the gold

## Numbers Up Game

Time 10 minutes

## Setup

Set up one goal both teams will score on with no goalie

Kids lined up on either side with a parent coach

There should be distinct line with the player in front going next

## Game Time

## Coaching Points

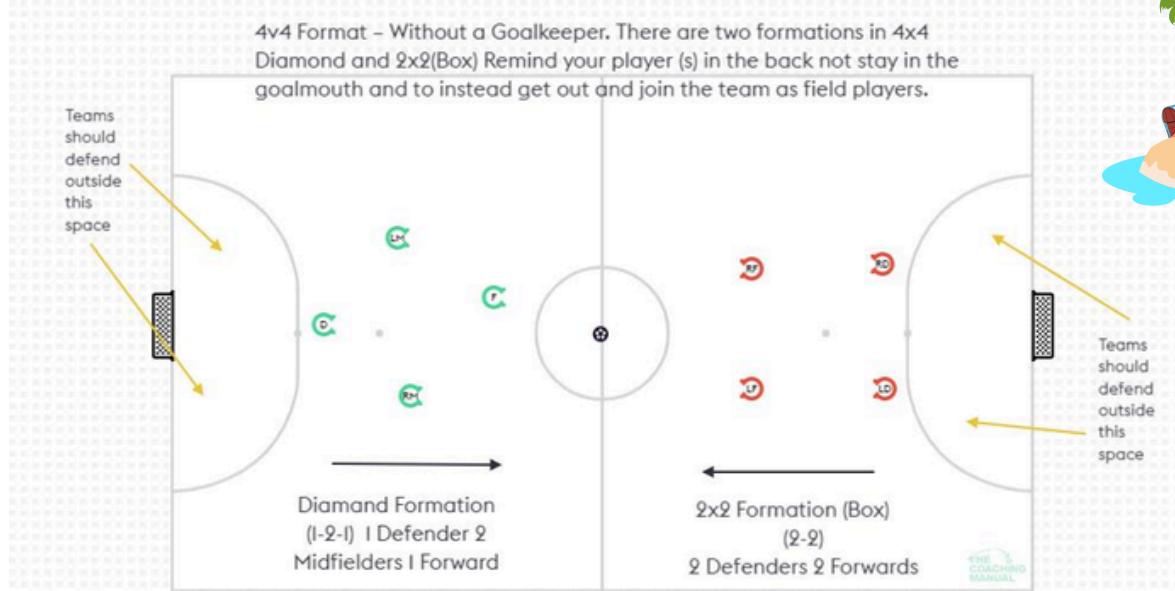
Parent helpers move the team into position.

Players should go to goal quickly

Start with 1v1 and go to 2v2 when you feel players understand

Coach will call out GO then roll the ball out

## Or skip right to the BIG game



High-fives for Everyone!