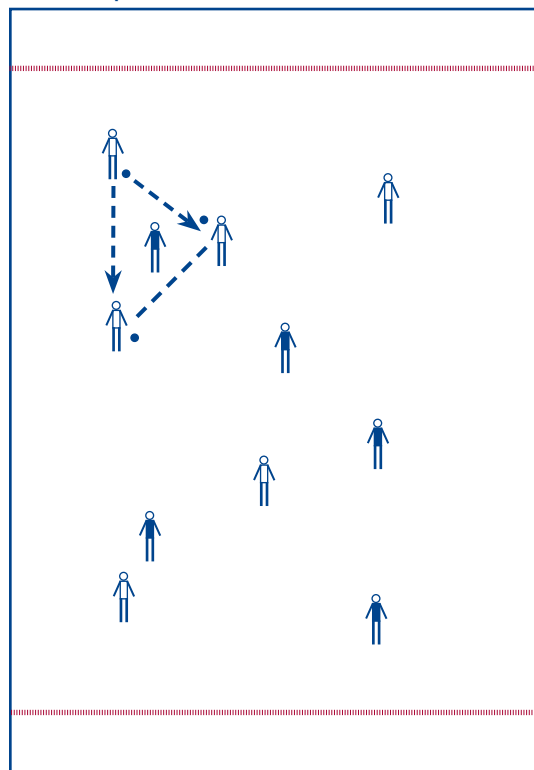
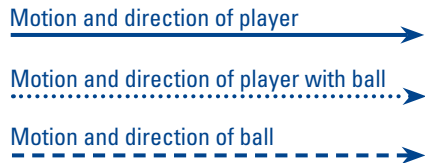


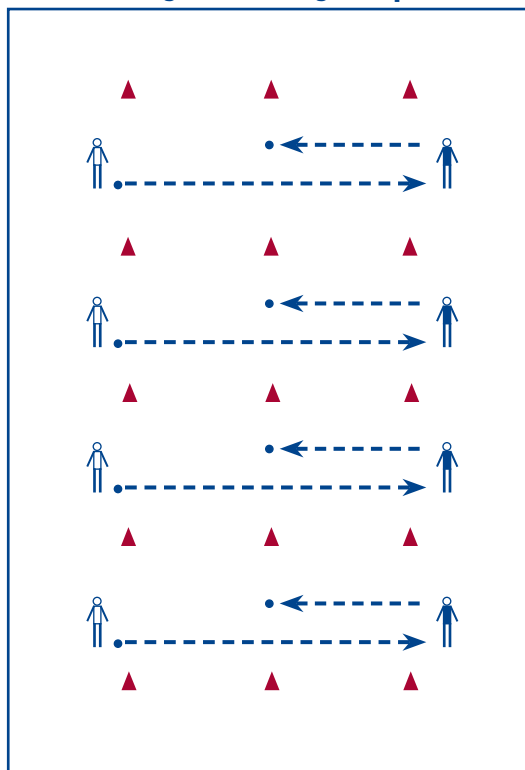
(20 minutes)  
 Warm-up: **Team Handball (KEEP AWAY)**



Field setup is a 15yd. X 25yd. rectangle. Keep away using hands only and keep ball from hitting the ground. If ball touches ground it becomes other teams ball. Players cannot run more than two steps with ball in hands. Quickly moving ball and then changing positions is the key to success. As team improves if player with ball is 'tagged' with 2 hands by opponent possession changes over. Add end zones and try to score by advancing into this area. Add new techniques (heading, kicking) as skill improves

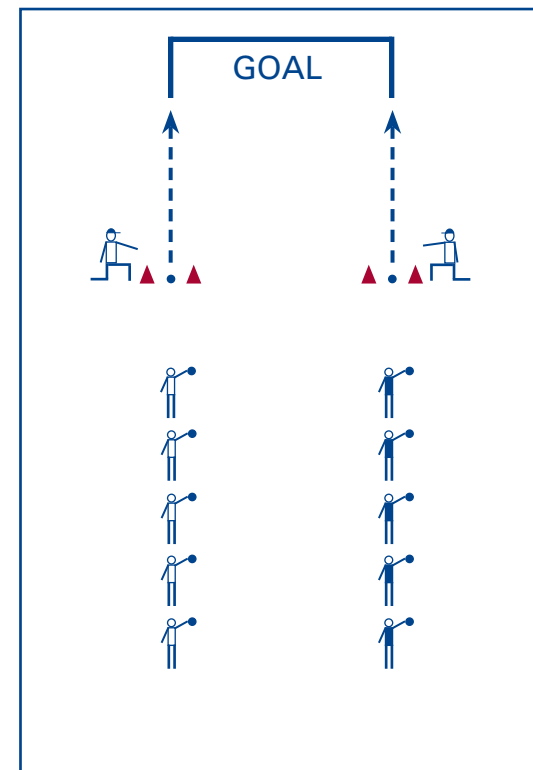


(20 minutes)  
 Skill: **Passing With Wedge Trap**



Field setup remains the same. Divide area into five or six 'lanes' with cones (each about 4-6 yards wide). Players pair off and start on opposite sides of grid in a lane. One ball per group, keep second ball nearby for backup. Using proper technique pass ball to partner who traps and returns the pass with proper technique. Receiving players stay on toes with active feet so they can quickly move to receive ball. Use wedge trap when possible. Add turn as progression. Count how many complete passes in a row each pair can get within 'lane'. Stress and compliment staying in the 'lane'. (20 minutes)

(30 minutes)  
 Game: **Goal Post**



Setup 'gates' 5-10 yards from mini-goals or goal-posts. Stress the use of proper technique and the penalty for using the toe. Also after playing the game one time explain how being efficient gets off more shots quickly. Players can throw ball to coach and then step next to the ball, lean forward and kick in one smooth movement. Always follow through up, toward the target, striking the ball in the center with the inside of the foot. If players are consistently missing target to one side have them adjust and aim slightly to one side of the target. Remember every players style is different. First team to ten 'hits' wins. (Repeat game or play for 30 minutes).