Activity Title: U5 Day 1 Grid 4

Activity Name: Passing Precursor

Activity Setup: All players will have a ball at their feet and will be spread out around the grid

Activity Description:

1. Coach will call out "Switch!" and all players will run away from their ball and find another ball. Several rotations

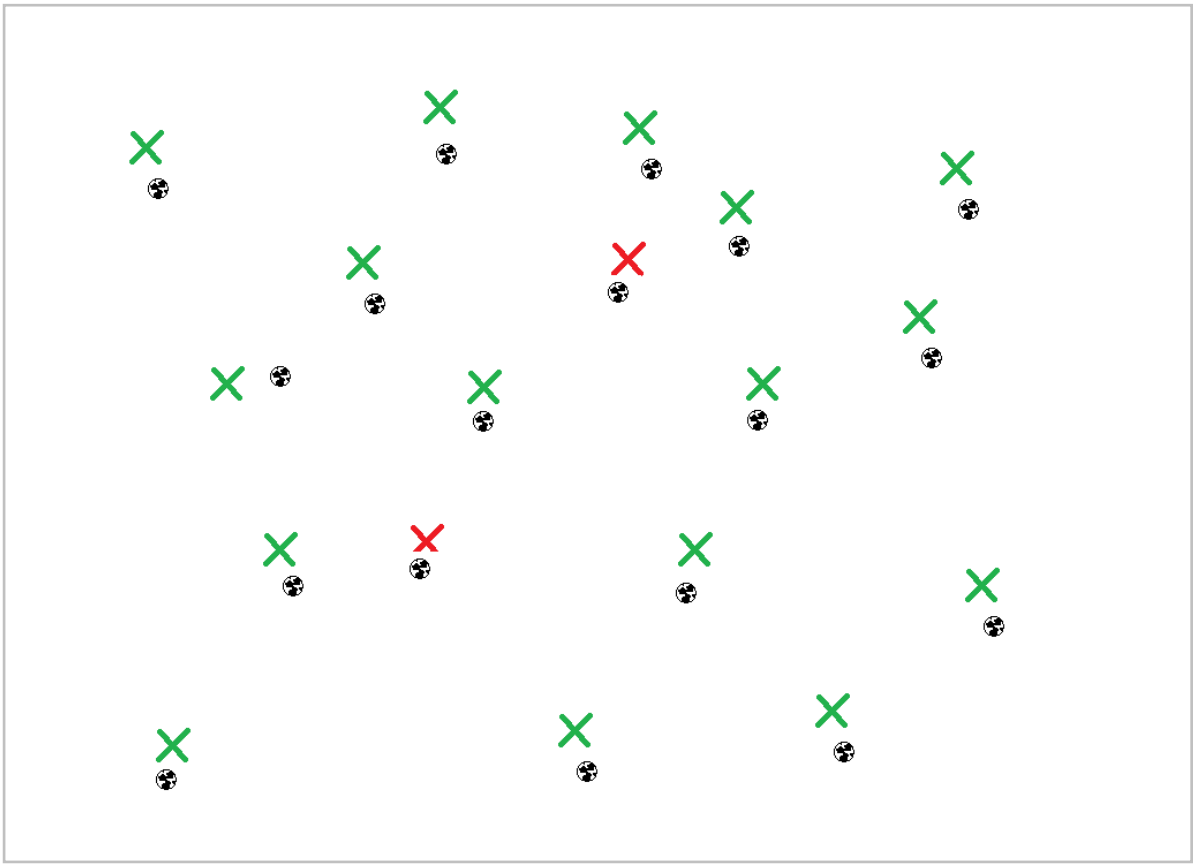
2. Coach will call out "Trade!" and all players will take their ball and trade it with another player. This can happen more than once if necessary.

3. If time, take half the balls away and place them to the side. Coach will call out "Trade!" and a player with a ball will give the ball to a player without. Coaches can fill in as a trader in case of an odd number.

Emphasis:

Giving up the idea that the ball is only for them.

Understanding that they will give the ball to someone else.

Cue Words:

Individual encouragement at anything correct or close