Activity Title: Learning to create space

Activity Name: Open Runs, Open Touches to direct space

Activity Setup: Create two gates approximately 4 yards apart 1 yard wide. Create as many as you can divide up 2-3 players at. Players start behind the gate as shown.

Activity Description: First play steps up and creates an open run (an outside curled run where the player can turn their head and see the passing player at all points of the run) to the far gate. The next player passes the ball through the channel to the runner. The player will receive the ball open(inside touch on reception facing the direction they will be passing into). Then play the ball back to the player they received the ball from. They will then follow the pass back to the line. Rinse repeat with the next player.

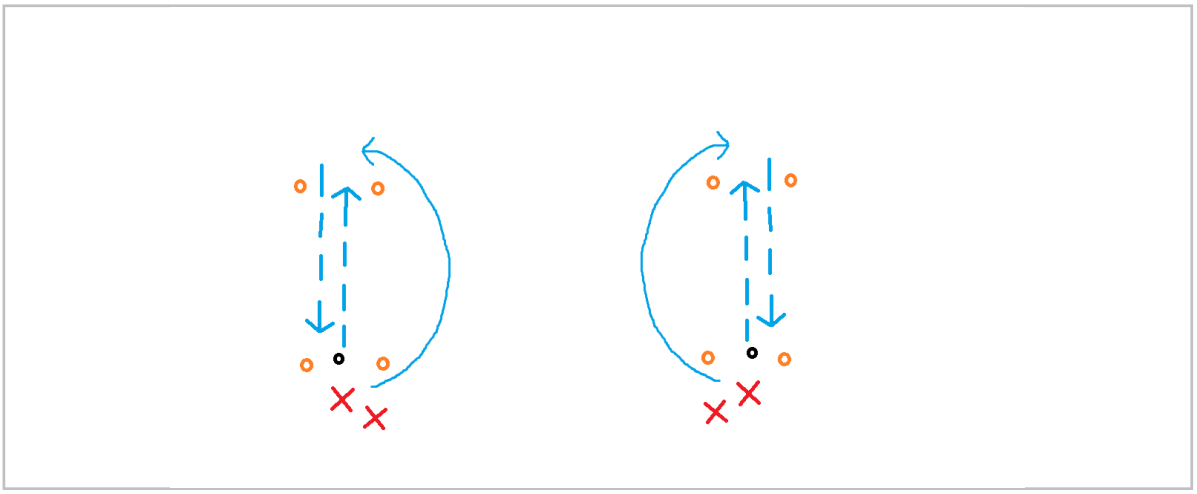
Emphasis:

Vision to the ball

Receive open

Cue Words:

Open up! (works for the run and the first touch)



Activity Name: Open Runs, Open Touches to indirect space

Activity Setup: Create a gate of two cones about a yard wide. Then place two gates slightly facing the first gate about 3-4yds away. Two to three players at each set up. One player will start behind and in between the two far gates and another at the single cone with ball

Activity Description: The player with the ball will pass the ball to a gate, the far player will move sideways if possible or a quick run and then turn and open the body to receive the ball, and play it back and get to the center. The player will then play it to the opposite gate, rinse repeat several times and switch. To increase the challenge allow the pass to be random so the player can't get into a rhythm but has to move quickly and open up.

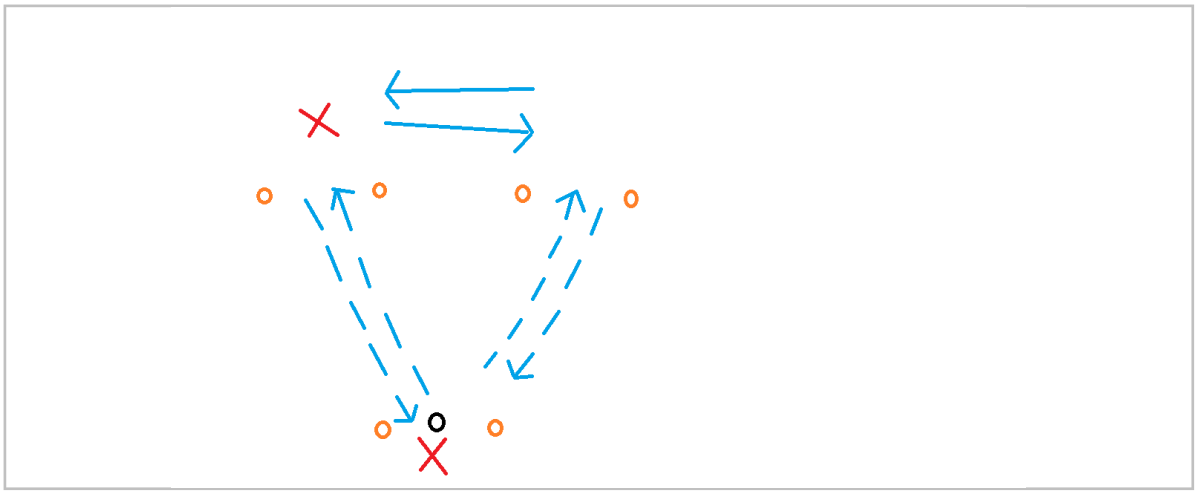
Emphasis:

Vision to the ball

Receive open

Cue Words:

Open Up!



Activity Title:

Activity Name: Active open touches to indirect space

Activity Setup: Create a diamond of at least 10yds by 10yds. Put a cone in front of each cone 3 yards away. Divide the players to the outside cones of the diamond equally.

Activity Description:

A player will start with the ball at one of the outside cones, they will pass the ball to a player to the left or right. Before the pass the player at the next cone will quickly step to the cone in front of them and then backup, move sideways or step forward to receiv

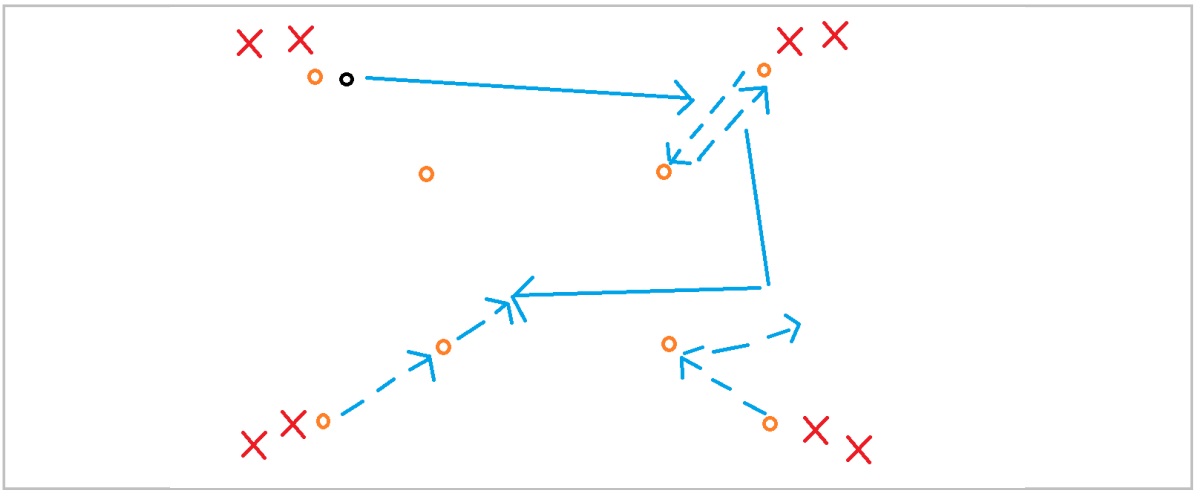
Emphasis:

Vision to the ball

Receive open

Cue Words:

Open Up!



Activity Name: Zone possession Scrimmage

Activity Setup:

In a 15x15yd grid create a zone at each of the corners of the grid about 3 yards out can be curved or a box. Divide the players into teams of 3-4.

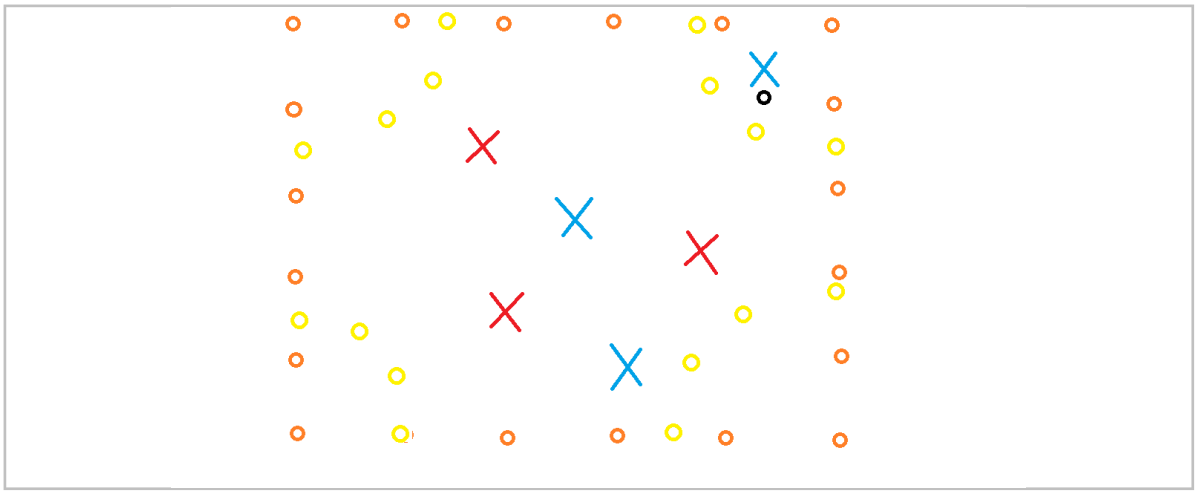
Activity Description:

Teams score points by getting a ball passed to a player in any of the zones, they cannot score in the same zone twice in a row. A point cannot be scored by dribbling into the zone.

Emphasis:

Vision to the ball

Receive open

Cue Words:

Open Up!