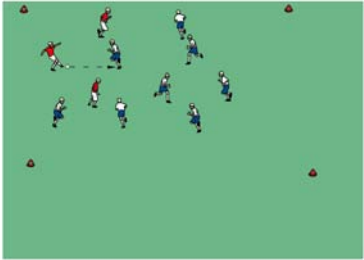
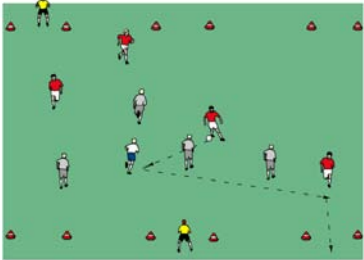
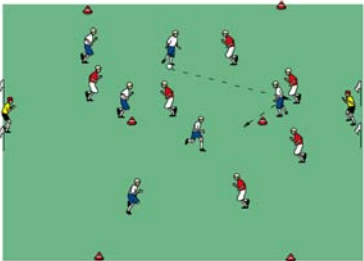


## Teamwork and Shape

Age Groups: U12 and up

<p><b>First Activity</b></p> <p><b>“Bulldog”</b></p> <p>Put the entire group inside a playing area. Two-Four players start off as the “bulldogs” and wear pennies/bibs. Have pennies/bibs and balls around the area. The “bulldogs” try and work together to “hit” a player below the knees. When a player gets hit, they join the “bulldogs”. Progress along for time or until a group remains.</p>		<ul style="list-style-type: none"> <li>• What types of passes do we need?</li> <li>• How can you help your teammate with the ball?</li> <li>• How can you as a team keep the ball from going out of bounds?</li> </ul>
<p><b>1<sup>st</sup> Activity</b></p> <p><b>The Vision Game</b></p> <p>Two teams of 4-5 players plus a neutral. Each team attacks three goals and defends three goals. Behind the goals is an extra person (gk, coach). If the extra person is behind a goal, they can’t score on that goal.</p>		<ul style="list-style-type: none"> <li>• When the ball is passed back what is that a good sign to do as a team?</li> <li>• What is a way to score a goal when one side is crowded?</li> <li>• What is needed around the ball?</li> <li>• What types of passes do we need?</li> </ul>
<p><b>2<sup>nd</sup> Activity</b></p> <p><b>The Length Game</b></p> <p>Two teams of 5-6 players. A point is scored each time the ball is played into the final zone and then possession is retained.</p>		<ul style="list-style-type: none"> <li>• What types of passes do we need?</li> <li>• Why is it important to have someone long?</li> <li>• What happens after the ball is passed back?</li> </ul>
<p><b>8v8 game</b></p> <p>To incorporate circulating the ball, the team that has the most players score wins the game.</p>	