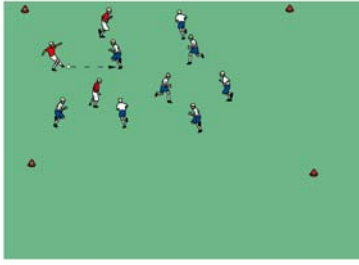

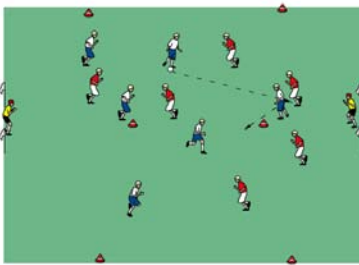


# Teamwork and Shape-Vince Ganzberg-Indiana Youth Soccer

Age Groups: U12 and up

<p><b>Warm-up</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>“Bags”</b></p> <p>Even or odd numbered amount of players may be used. Players place two bags about 25-30 yards apart from each other. <b>The coach stands on the outside.</b> The instruction to the two teams is to possess the ball around the two bags and then get the ball back to the coach.</p>		<ul style="list-style-type: none"> <li>• How can you receive the ball so you can see the whole field?</li> <li>• What types of passes do we need?</li> <li>• Where do we need players from our own team to be?</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>	