

Curriculum Week 6

Session 1

Warm up Skills	5 Minutes	Toe Touches Capping Quick Touch Teach: Triangle Fake and Take Scissors Rollover	http://www.youtube.com/watch?v=sL2_vDyKsU http://www.youtube.com/watch?v=n1gK5bsYaBM http://www.youtube.com/watch?v=xbSsXdrbegw http://www.youtube.com/watch?v=3PVIXqpP3kE http://www.youtube.com/watch?v=Fhpe53zL6hk http://www.youtube.com/watch?v=LVuzth7s6Ec http://www.youtube.com/watch?v=gGKRrKk2gos
Speedwork	10 Minutes	Ladders	http://www.youtube.com/watch?v=2GHUjqlQPh4
Change in Direction:	15 Minutes	Teach: Inside of the foot turn Teach: Outside of the foot turn	http://www.youtube.com/watch?v=CmbehZHKXlg http://www.youtube.com/watch?v=P_n10JSLft8
Activities	15 Minutes	Boss of the ball	http://www.youtube.com/watch?v=ZXSZ_Rw6iww
Scrimmage	Minutes		

Session 2

Warm up:	5 Minutes	Toe Touches Capping Quick Touch Triangle Fake and Take Scissors Rollover	http://www.youtube.com/watch?v=sL2_vDyKsU http://www.youtube.com/watch?v=n1gK5bsYaBM http://www.youtube.com/watch?v=xbSsXdrbegw http://www.youtube.com/watch?v=3PVIXqpP3kE http://www.youtube.com/watch?v=Fhpe53zL6hk http://www.youtube.com/watch?v=LVuzth7s6Ec http://www.youtube.com/watch?v=gGKRrKk2gos
Speedwork	10 Minutes	Ladders	http://www.youtube.com/watch?v=2GHUjqlQPh4
Change in Direction:	15 Minutes	Review: Inside of the foot turn Review: Outside of the foot turn Teach: Stop Turn	http://www.youtube.com/watch?v=CmbehZHKXlq http://www.youtube.com/watch?v=P_n10JSLft8 http://www.youtube.com/watch?v=18rf0FCss04
Activities	15 Minutes	2 Zone game	Attached document: 1v1 attacking through 2 zones
Scrimmage	20 Minutes		