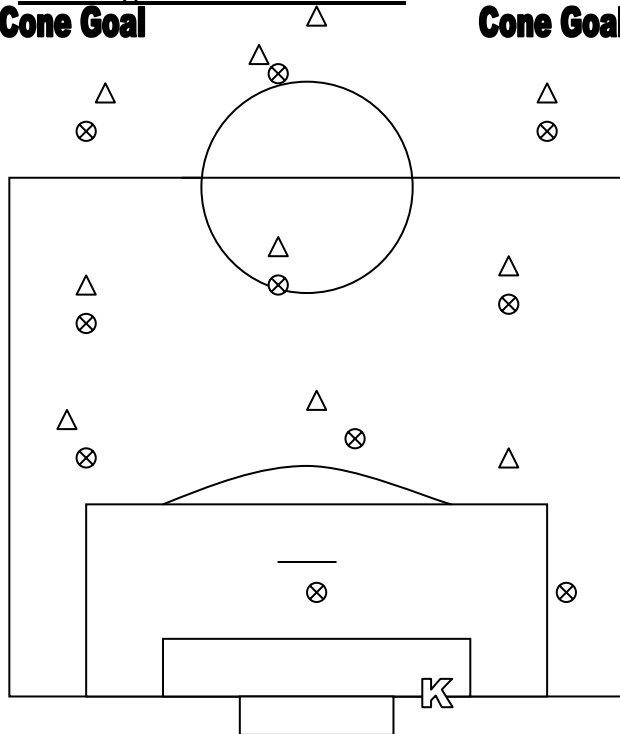


1. Winning the Ball In the Air:

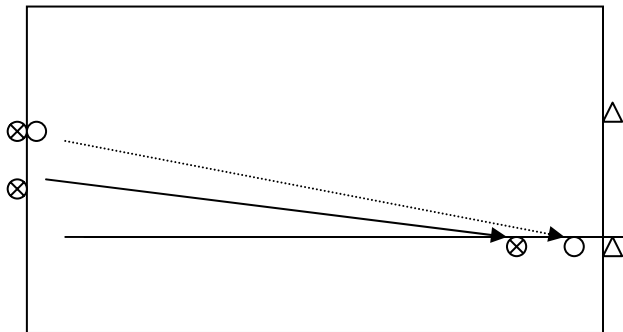
Cone Goal

Cone Goal



- Keeper and Defender serve balls through punts, throws and goal kicks.
- If ball hits ground without either team touching it everyone does 10 pushups.
- X's on defense, Δ's on offense.
- If offense wins the ball in the air they score 1 point and must string together 5 consecutive passes to score a second point, then can go to goal. If goal is scored a third point is awarded. If defense clears the ball to cone goal they score 1 point.
- If defense wins the ball in the air they get a point and would get a second point for clearing the ball to designated cone goal.
- First team to 10 wins, gets a drink, loser collect balls for new game.
- Switch offense and defense.
- Play until goal is scored, keeper gets possession, or the ball goes over an endline.
- Also works on punts, goal kicks, and throw-ins.

2. Travel While Ball Travels (Defense):

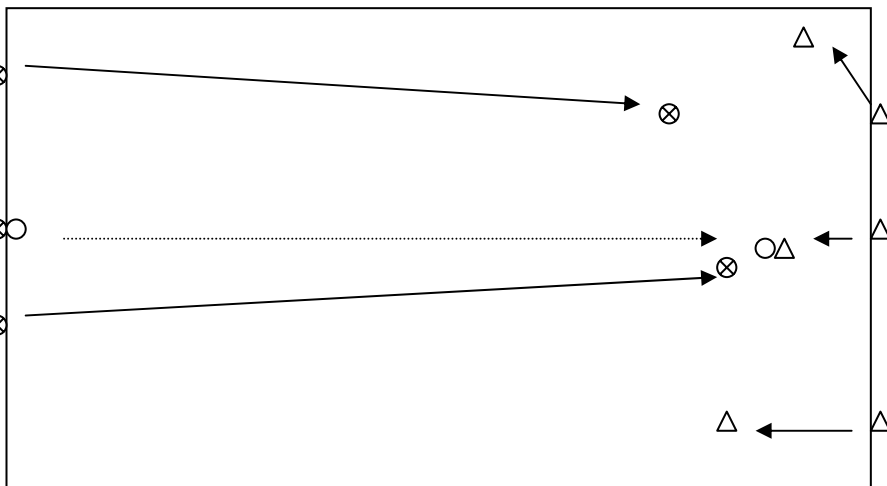


- ⊗ sends ball to Δ's.
- While ball is traveling the other ⊗ is sprinting to get marked within 4 feet of the Δ with the ball.
- Their goal is to get the Δ's vision down and slow their speed down. →
- The whole objective of defending is to regain possession.
- Δ's score if they can make a move and get the ball over the endline.
- Defender needs to be patient (Contain) waiting for the big move or mistake.

Another Step:

- Have a third ⊗ stand with the Δ's. When the Δ gets possession ⊗ counts to one-thousand 3 and then sprints to double-team from behind.
- This makes the Δ attack with speed and teaches defenders to slow down play to get help.

3. Travel While Ball Travels (Offense):

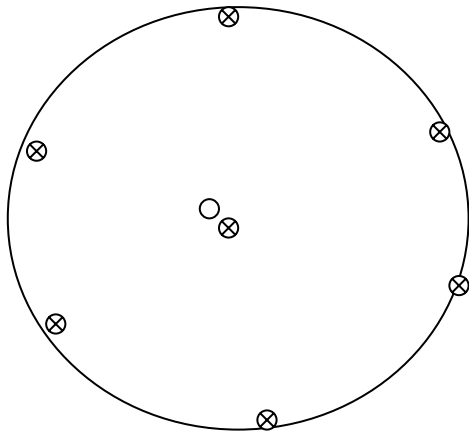


- (20 x 40 yd grid)
- ⊗ sends ball to Δ's. As ball is traveling in air 2 ⊗'s are traveling to defend Δ's.
- One ⊗ traveling to within 4 feet of Δ with the ball to slow play down. This ⊗ needs to channel ball one direction or the other by cutting down one passing lane.
- The other ⊗ supporting the play marks Δ the ball is being channeled to.
- While the ball is traveling in the air, the 2 Δ's not receiving the ball in the play are traveling to get in supportive angles.
- The Δ's score when they pass the ball over the opposite endline.
- The ⊗'s score when they dribble or pass the ball over the opposite endline.

“When the ball travels, everyone on the team travels. No one stands and watches. Either mark defensively OR create supportive angles for your teammates .”

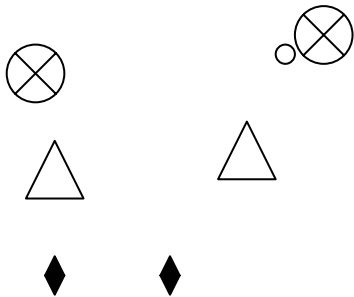
Graham Ramsey


4. Attacking Legally and Shielding: (Warm-Up)



- One man in center with ball.
- All others on edge of circle with ball working on footwork. (ie. Coerver)
- Each player given a #.
- When your # is called leave your ball and attack man with ball in center legally while player with ball shields you. Players must stay inside circle.
- When defender gets ball, he stays in the middle and the player who was on offense goes to open ball around circle.
- Another # is called.
- ETC

5. Two Sided Goal:



- 2 – v – 2 inside a 30 x 30 yd grid.
- 2 cones () represent the goal.
- A goal can be scored from either side.
- Continuous play after the goal is scored for 2-3 minutes.
- Works supportive angles, marking, and communication.