

WRIST COACHES WARM UP

PART 4: LET'S GO SCORE

GOAL: kids learn to move the ball up the field with passing from their positions within their yellow zone

PREP: (build from PART 3)
place 4 cones on the field in a diamond shape,
kids have assigned bands & are at their cone

Step 1: each kid starts at their cone

Step 2: start the ball at the back with the BLACK BEAR

Step 3: coach plays “keep away” from the middle of the diamond

Step 4 encourage players to move around in their yellow zone to get open for each other

*Bear passes to Owl or Eagle
Owl or Eagle then passes to Tiger
Tiger scores in the goal*

Step 5: celebrate each goal as a success for the entire team to reinforce TEAMWORK!!

