

# City of Medford Youth Indoor Soccer



## Coach Handbook

**Contact:**

541-774-2400

[richard.rosenthal@cityofmedford.org](mailto:richard.rosenthal@cityofmedford.org)

# Youth Indoor Soccer League Rules

## Coaches

There will be at least one coach per team. The head coach must be an adult, and any assistant coaches must be at least high-school age. The head coach must be at all practices and games, or make suitable arrangements with the League Coordinator.

All coaches 18 or older must have a completed State of Oregon Criminal History check on file with the City of Medford. These checks will be done by the City of Medford Human Resources Department at no charge to the coach.

## Parents, Spectators and Siblings

Parents and spectators must remain behind the sideline fence during practice and games.

## Balls

Game and practice balls will be provided by the Parks and Recreation Department.

## Practice

Teams will practice one evening each week for 45 minutes at the Santo Community Center. Additional team practices will not be allowed. Parents are encouraged to practice skills at home with their children. Parents or a responsible adult must be present at all games and practices.

## Player Equipment and Uniforms

Only authorized uniforms provided by the league are to be worn during the games.

- Tennis shoes are required.
- No hard-soled shoes.
- Shin guards are MANDATORY safety equipment and must be worn during all games and practices.
- Shin guards will not be provided by the league.

The league will provide uniform jerseys.

## Number of Players

The match is played with four or five players on the floor from each team.

## Officials

Officials will be provided by Medford Parks and Recreation. Only one coach per team on the playing floor during games, unless special circumstances arise, as approved by the match official.

## Games

Games will be played on Saturdays at the Santo Community Center Gym. Each game will last about 45 minutes. Coaches should arrive at least 20 minutes early to greet team members.

Games will be divided into four eight-minute quarters, with a five-minute halftime and two-minute breaks following the first and third quarters. Clock will run continuously during each quarter.

## Game Timing

Only coaches and players will be allowed on the playing floor. Opponents must be on their half of the playing area during the kickoff. The team kicking off will alternate each quarter.

## **The Ball In and Out of Play**

The ball is out of play only when it goes over the fenced sideline or out of the playing area, or when a player touches the ball with their hands during play. The ball will be in play off of the walls and sideline fences. If the ball hits the coach who is on the playing floor, it will be a live ball.

## **Scoring**

No scores are kept.

## **Fouls and Misconduct**

All fouls shall result in an indirect free kick, meaning another player from either team must touch the ball before going into the goal. The infraction must be explained to the offending player. Defenders must be at least three yards from the ball during an indirect free kick. The ball will be kicked from the nearest sideline across from where the infraction occurred.

Officials on the playing floor will consider the age and experience of the player when calling fouls or letting the game play on. Safety is always the highest priority in our leagues.

## **Goalkeeper and Player Positions**

No goalkeeper during games or practices in the Youth Indoor Soccer League. Coaches may not allow players to remain near either goal as a permanent defender or forward. Players should be encouraged to pass the ball and spread out on the playing floor and be involved in play at both ends of the floor.

## **No Timeouts**

There are no timeouts, except for injuries.

## **Substituting**

Teams may substitute anytime during the game. The clock will not stop for substitutions. Each player should receive an equivalent amount of playing time unless special circumstances arise. If a player is unable to play due to injury, illness, etc., please notify the opposing coach of the situation.

## **REMEMBER...**

It takes years to develop good players and coaches. Everyone is doing his or her best, and learning at different paces. Let's all be patient with each other.

Coaches should minimize coaching or instructing players during the game. Loud yelling of directions from sidelines confuses and distracts young players. Any unsportsmanlike conduct or negative remarks from the sidelines will suspend play, and the offending person may be asked to leave the playing area by the supervisor-in-charge.

The City of Medford Parks and Recreation Department's tot sports philosophy is "everyone plays, everyone wins." We strive to enhance every child's personal growth, development, sports skills, fundamentals, fair play, sportsmanship, values, and sense of teamwork and physical fitness. On top of it all ...HAVE FUN!

## Parental Support - The Key to Peak Performance

---

Coaches: Feel free to print this and hand it out to parents at your first practice.

---

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, here are some helpful reminders for everyone with a young athlete. If you have any questions, please feel free to discuss it with the coach(es) and staff.

**Let the coaches coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.

**Support the team:** Get involved. Volunteer. Car-pool. Anything to support the program.

**Be you child's best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.

**Support and root for all players on the team:** Foster teamwork. Your child's teammates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.

**Do not bribe or offer incentives:** Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.

**Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.

**Understand and display appropriate game behavior:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, aggressiveness, what the game is presenting them). If he starts focusing on what he can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.

**Monitor your child's stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.

**Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.

**Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.

**Reality test:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a “win”. Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from “striving to win”. Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.

**Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive soccer days are over. Keep your goals and needs separate from your child's experience.

**Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

## Technique Tips

### Inside-of-the-Foot Pass

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-The planted foot is next to the ball pointing toward target	-Shooting over short distances combined group play restarts	-Kicking foot is straight	-Leave kicking foot and leg bent. (Toe 'up', ankle locked)
-Kicking foot is raised, toe up strikes middle of ball	-Accurate combined group play over short distances	-The standing foot is too far from the ball	-Place standing foot next to the ball
-Ankle is locked		-The ball is not struck through the center	
-Contact area is between ball of foot and the heel on the inside of the foot			

### Outside-of-the-Foot Pass

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Angle approach to direction of the pass	-Playing the ball with deception	-The ankle is not locked	-Knee is brought over the ball
-Toe down, ankle locked, foot angled slightly in	-Shooting around defenders	-Planted foot is too far from the ball	-Contact ball with the outside of the foot
-Contact surface is the outside of the laces	-Passing around defenders	-The ball is not contacted fully	
-Upper body is leaning slightly over the planted foot			

## Instep Drive

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Slightly angled approach	-Shooting	-Approach to the ball is straight	-Slightly curved approach
-Standing foot is next to the ball at point of impact. Pointed at the target	-Crossing	-Upper body is leaning too far back	
-Kicking foot is pointed, toe down, ankle locked. No "floppy" toe	-Long passing	-Ball is not struck with laces or straight through center of ball	-Lean slightly over the ball
-The contact surface is the instep (laces)		-The toe is not pointed	-Foot stays pointed after the kick, ankle locked, follow through straight at target
		-Hips are not square to target	
		-Follow through is not straight	

## Dribbling

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Guide the ball with both feet, use all surfaces of the foot	-Gain ground	-Ball is played too far from foot	-Push the ball, do not kick it
-Upper body is bent slightly over the ball	-Go past an opponent -Set up a short or combination play	-Player looks only at ball	-Keep head up and observe situation around you. -Raise toe when changing directions.
-Keep ball in close when in a crowd, using light touches	-Relieve pressure		
-Push it further out in front when given more space			

## Receiving

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Lightly receive the ball with inside or outside of foot and move off with it; keep toe pointed up	-Bringing all arriving balls under control	-Ball bounces too far away	-Move in an elastic way as if catching an egg on your body; the controlling part of the body withdraws in a smooth, controlled fashion
-Receive ball with thigh or chest, take the pace off of the ball by withdrawing the body part receiving the ball		-Pace of the ball is underestimated	

## Defensive Behavior

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Keep goal side of your opponent	-Regain possession	-Falling for feints	-Keep ball in view
-Be first to the ball	-Deny penetration	-Poor position relative to opponent	-Beat your opponent to the ball
-Do not dive in on an opponent	-Slow down or with the ball interrupt an attack	-Trying to tackle from too far away	-Tackle as opponent receives the ball
-Defend the ball, not the player	-Stop shots	-Tackle as the opponent is halfway turned	-Make opponent play the ball square or back -Make opponent look at the ball

## **Approaching Practices**

Tots usually love the idea of a "new" game, so it is a good idea to change the rules of the game or change the game every 10 minutes to keep interest. Instructions have to be broken into little steps and kept very brief. If you cannot do it and show it in about 20 seconds, then do it in stages, demo part 1, then expand to part 2, etc.

The key to little kids soccer drills is for every player to have a ball and a variety of 'games', and drills that include every player. After playing soccer-related games, pick one aspect of the game (dribbling, or shooting, or passing) and build the rest of your practice session around that.

## **Numbers**

The exercise is good for 1-on-1 dribbling skills. Divide the kids into 2 groups. If you have 10 kids, say, assign each kid a number between one and five. So each team has a number one, a number two, etc. Try to make sure the kids with the same number are evenly matched. Set up two very wide "goals" with pylons. Spread the five kids on each side across each goal line. Call out one or more numbers, and those kids come out to play 1 vs 1, 2 vs 2, etc., and the rest of the kids stay spread across the goal line as defenders. Throw a ball from the sideline into the center and let them play it until a goal is scored, the defenders stop it, or it goes out of bounds.

Variation: Colors. Use two each of different colored bibs, armbands, or stickers to place on shirts, as younger kids will have trouble remembering numbers.

## **Monkey in the Middle**

All players form a circle and choose someone (the "Monkey") to be in its center. The players forming the circle pass one ball among them while the person in the center tries to gain control of the ball. When this happens, the person in the circle who last touched the ball goes to the center. Some level of competitiveness develops but never on an individual basis and the "losers" quickly gets a chance to redeem themselves.

## **Ice Monster**

Mark off an area for the game to be played and select one kid to be the "Monster". Have the rest of the kids (each with a ball) dribble around within the area. The "Ice Monster" attempts to touch each player's ball, at which point that player "freezes" with their foot on the ball. If a player's ball goes out of bounds, they also freeze. The last remaining unfrozen player gets to be the new Ice Monster for the next round.

## **Cops and Robbers**

Have the kids (each with a ball) line up on one side of the field. These guys are the "Robbers". Have two more kids (the Cops) facing the Robbers somewhere near halfway to the other side. The object is for the Robbers to dribble to the other side without having a Cop tackle the ball away. If a robber loses his ball to a cop, he goes to jail (designate a small area off to the side or use a Goal structure.) Have the Robbers repeat the crossings until there are only 2 left. Make these guys the new cops, pull everyone out of jail and start over.

### **Pirate (or Monster)**

A keep-away game. Coaching points: concentrate on the player's close dribbling and screening techniques. Everybody inside a circle (center circle is fine) with a ball. One player without a ball is the Pirate. Everybody starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle. Now the two players are Pirates and go after the others.....then three, then four. Finally only one player is left with a ball. He/she becomes the Pirate the next game.

Variation: Bomber. Just like above except the "IT" player has a ball and tries to roll/throw it at the other player's and knock their ball out of the circle.

### **Kick Out**

Everyone dribbles and shields their ball within a circle while trying to kick everyone else's ball out, and simultaneously to protect their own. You can't kick someone else's ball out if your ball isn't in the circle. If your ball goes out you have to leave the circle it gets down to two kids in a duel. The coach may participate to keep the game from becoming too competitive, as the ones eliminated early may feel bad.

### **Give and Go**

This one is good for getting the kids to move after they make a pass. It is appropriate for kids a little older, who pass the ball but like to stop and really admire their better passes. Everyone spaces themselves around the center circle. Give the ball to one person and they call out someone's name and pass to them. They then run to the receiver's position in the circle. The receiver upon hearing their name called steps forward to receive the pass and yells "I got it!" The sequence is then repeated. Several things are accomplished besides getting them used to movement. The "I got it!" yell addresses the problem of nobody playing the ball in a game because they thought the other was going to play it. We all learn each other's names quickly.

Invariably, someone is always left out so start a countdown from 10 to 0 and they have to figure out who has been left out (the left out person should be quiet). They start yelling among themselves to figure out who it is and this fosters communication on the field. (It's pretty humorous too). After a few practices, they get it down so they look pretty sharp. Then you toss in another ball. They love it! Now they have to think a bit because people are moving and two are busy with the other ball.

### **Egg Hunt**

Have more balls than players. Have the players line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. At the other end of the field is a goal called the "basket". Blow the whistle and turn them loose. The object of the game is to get all the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them to see how fast they can accomplish the task.

The kids really like this game. The more balls (eggs) the better. You should see them score, and turn right around and go back for more balls.

## **Marbles**

Split your team into two groups and line them up behind two opposing lines. Each player should have a ball. Place an unusual color (or size) ball in the middle. This is the marble (a #2 ball works well). Have them try to move the marble across the other team's line by striking it with a ball. After the game starts, don't require them to use their own ball, they are free to use any other ball they can find.

At first the players may get really excited and kick the marble. If this happens, call time-out and put it back.

Variation: Eliminate the teams and play it in a circle. The game is over when the ball exits the circle.

## **Teach the Parents**

During the last practice of the season have a scrimmage between the parents and the players (with the coaches helping the players). This serves a couple of purposes. The kids love this game. They get a chance to show their parents what they can do and they enjoy beating their parents. (The parents never win, the coaches make sure of that....) Also, since many of the parents have never played soccer it shows them how difficult the game really is. The hope is that a parent may now think twice before "yelling" at a child for missing and "easy" shot in a game. Everybody seems to enjoy this scrimmage.

## **Shark and Minnows**

Teaches kids with the ball to shield it from an opponent and teaches kids without the ball how to take it away from an opponent. Use pylons to create a 15-yard square. One player, the shark, starts outside the square without a ball. All other players, the minnows, start inside the square with a ball. When the coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the fish start dribbling around inside the square. When the coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding fish must leave the square and stay out until the coach gives the "Stop!" command at the end of the 30 seconds. A fish has done well if still alive. The shark has done well if few fish survived. Choose a new shark and play another round until every player has been the shark once.

## **Camp Town Races**

Line up all the players on one end of the field. They each have a ball. On the whistle, they all dribble to opposite end, shoot ball into goal, get ball out of goal, and run back and finish with a shot on opposite goal. The first one to finish is the winner. Ask them "Who is going to win the race?" They all learn to say "The player who can dribble it the straightest!" A variation is to start half at one end and half on the other. This really teaches them to try to do it fast while maintaining possession. This drill really helps players deal with the balls that pop out of the bunch.

## Keep Your Yard Clean

This game is simple, fun, and easy to adapt to account for various team sizes and experience. Create a 'neutral area' between the two teams where no player is allowed. This area can be as small as one yard and as big as 10 yards wide. The width is determined by how far the players can kick the ball.

Each player starts with a ball at her or her feet. On command, each team tries to keep their side of the game zone free of balls by kicking their ball over to the other team's side.

After an appropriate amount of time (when the balls become too scattered, or the players are losing focus), stop the game and count which side has the most balls on their side.

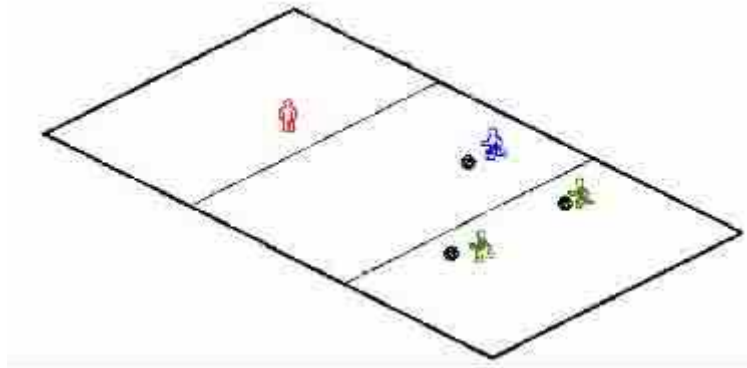
Distribute the balls evenly for another try if the players are still interested.

After players have found some success with this basic game, try these variations:

- Players can only use their left foot.
- They can throw the ball back.
- They must dribble the ball around a cone that has been set up in the middle of their "yard" and then kick it back.

## Red Light, Green Light

This should be familiar to most U6's. Again, the game is fun, simple to set up, and has direct application to the game of soccer. It is particularly good for reinforcing dribbling and ball control skills.



Each player has a ball, except the one player that is designated as the "light". Lines from start to finish should be approximately 20 - 30 yards. Players start from the line opposite the "light". The "light" then turns away from the group shouting out "GREEN LIGHT". At this signal, the players start to dribble towards the "light".

When the "light" turns round, calling "RED LIGHT", players must freeze and stop their ball. If the "light" catches players or a ball still moving that player must take 5 steps back. The first player to cross the line where the "light" is standing is the winner and becomes the new "light".

You can start the game without using balls for younger players, then have them roll the ball with their hands, then use their feet.

## **The Blind Leading the Blind**

Group your players into equal sized, even numbered teams and put the players in each team into pairs. Position each team about 5 yards apart, all facing forwards in their pairs.

Place 3 gates in front of each team about 5 yards apart. Each gate is 2 cones on the ground, about three feet apart. One player in each pair covers the eyes of their partner with a sweatshirt tied with sleeves behind the head. They then place a ball between their partner's feet.

When the race starts the sighted partner works as a guide, talking the blindfolded partner through the gates by voice. The guide can not touch the ball or the blindfolded partner. When the pair has navigated the 3 gates, they quickly change roles, navigating the 3 gates in the reverse direction, returning the ball to their line.

When the first pair returns to the line, the second pair takes their turn.

Lines compete to be first to return both pairs and the ball to the line after navigating the gates in both directions.

Shorten the distance between gates for younger ages and stagger the gates left and right for older ages to make it more difficult. The objective is to encourage communication, so don't make anybody feel like a loser - it's just for fun!

## **Dribble Relay**

The basic game is Team 'A' racing team 'B' by dribbling through a series of gates. If a player loses control and misses a gate they have to regain control and go through the gate.

One variation is to have a small 'square' at the end. The children have to stop the ball in the square, then sprint back and high-five the next player before he/she can start. Another variation is to have several parents positioned at different places along the 'course' and have a different one hold up a number of fingers at random times during the race - and award points to the player that sees it and correctly yells out the number first. This encourages the children to play with their heads up.

## **Freeze Tag**

Set up a large rectangle with cones and have the players dribble in the rectangle. After a short time, take the ball away from one or two players who then become "it." Any player whose ball is touched by an "it" player becomes frozen and has to stop dribbling, spread her legs apart, and hold her ball above her head. He is frozen in this position until another player dribbles her ball between the frozen player's legs. Switch the "it" players often and make it a contest to see who can freeze the most at one time.

## **Follow the Leader**

Pick a leader and have her dribble anywhere on the field, encouraging her to make lots of turns, changing speed, etc. All other players have to follow the leader and do whatever that player does. Switch leaders often.

## **Last Man Out**

Play in a large grid. All the players stand at a cone about 20 feet from a group of balls. There is one less ball than the number of players. On the coach's command, the players run to the balls, get one and begin dribbling. The player who didn't get a ball tries to steal one from the others. The coach keeps time and after a preset period has passed, the coach stops the game. The player who doesn't have a ball has to perform a minor penalty (such as running round the grid) before re-joining the game.

## **Tag**

Very simple and surprisingly effective. Mark off a grid or circle. Everybody has a ball. Whoever is "it" must dribble to another player and tag her. The other players avoid being tagged by dribbling away from "it." If the player being chased loses her ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.

## **Ball Tag**

Just as simple as 'Tag' and just as useful! Everyone has a ball and dribbles in a confined area. The player who is "it" must pass her ball so that it hits another player's ball. The player whose ball was hit then becomes "it."

## **Snake**

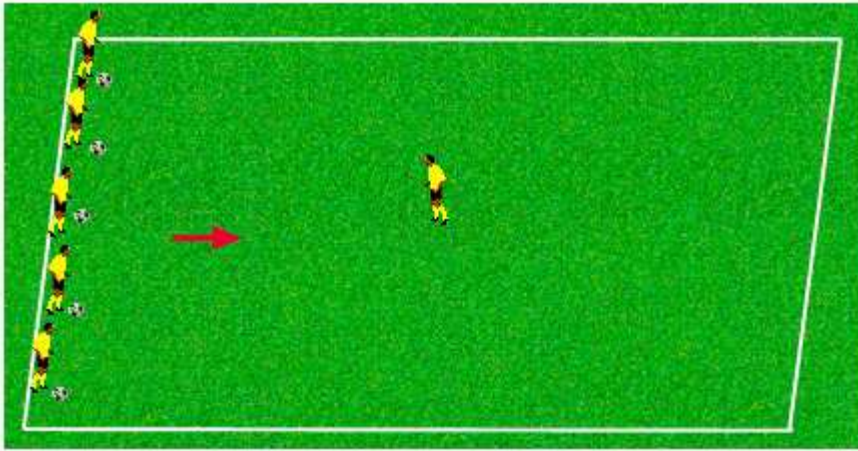
Players are grouped into threes. First player is the "head" of the snake, and does not have a ball. She's essentially the leader in a follow-the-leader game. Second player has a ball at her feet, and must follow the head of the snake, dribbling wherever she goes. Third player is the "rattle". No ball, just following. Emphasize to the "heads" to vary their lead – some fast, some slow, some sideways, some stopping, etc. I let one lead for about 20 seconds or so. Then, on a whistle from a coach, 2 drops the ball to 3 and becomes the head of the snake. The rattle (3) becomes the dribbler and the former head circles around to become the rattle.

## **Colored Circles**

Set up a 20x40 yard grid, make a center circle, and split players into to teams that can be identified by a color. Have all the kids dribble their balls in the center circle. Call out a color. That team dribbles toward their goal. The other team leaves their ball and runs to slow the attackers down. Encourage the defenders to push the attackers wide and make sure they don't dive in. If the defenders can keep the attackers outside of the penalty area for 10 seconds they get a point. Attackers get 1 point every time they dribble the ball into the box. Play to 10 points.

## **Sharks and Minnows (2)**

Play in a large grid. Half the players have balls and are the Minnows. The rest don't have a ball and are the Sharks.



The Minnows start at one end of the grid. The Sharks stand on the opposite line. The Minnows must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Minnows' balls out of the defined area. Minnows who successfully dribble across the Shark's line go back for round two. Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner.

## **Under Pressure**

Get all the kids dribbling around in a grid then remove one, two, or three balls depending on how much pressure is needed. Then announce that whoever has possession of a ball after 1 minute is a winner. If they can chase someone out of bounds they automatically win that ball. Count down the last 10 seconds out loud to increase the pressure. The children who finish without a ball have to perform a token penalty - a couple of pushups, run a lap of the grid, etc.

## **1 v 1 to Goal**

Divide players into two teams. Play in a large grid with a goal on one edge and a supply of balls. Station each team on a goal post, standing off but facing the field. Place a GK in goal facing the field. Coach/assistant stands behind the center of the goal with a supply of balls. Coach tosses a ball over the crossbar to about the penalty spot. A player from each team both sprint to the ball and attempt to control it, turn, and get a shot off. The second to the ball defends (if he then wins the ball, then he tries to shoot). When there is a score, save, or ball goes out of play, restart the same way with a different pair of players.

## **The Name Game**

Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they (and you!) learn everyone's names. If the players are doing well and you have enough players, add additional balls.

## **Sample U6 Practice Plan (45 minutes)**

1. Dribbling under control (5 mins.)
2. Soccer bowling (10 mins.)
3. "Easter Egg" Hunt (5 mins.)
4. Water/bathroom break (5 mins.)
5. Introduce a basic skill (5 mins.)
  - Week 1: Circle cones
  - Week 2: Cut off ball, stop ball with inside of foot
  - Week 3: Stop ball bird-style
  - Week 4: Passing
  - Week 5: Give and Go
  - Week 6: Parent-Kid game
6. Scrimmage (10-15 mins.)

## **Sample U9 Practice Plan (45 minutes)**

1. Stretches/Dribble Relay (5-10 mins.)
2. Select 1-2 drills described above (10 mins.)
4. Water/bathroom break (5 mins.)
5. Give and Go (5 mins.)
6. Scrimmage (15 mins.)