				RS Curriculum	า - 2v2 / 3v3 Funi	no	
		Activity 1 - Fun game	Activity 2 - Skill Based	Activity 3 - Fun game	Activity 4 - 1v1 game	Activity 5 - Game - 2v2/3v3	During the practice, there will be 4 stoppages. One at the end of each activity. They will participate in one of the games below for 60 seconds as something fun to d
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	Call out a letter. Have the groups make a letter on the ground as fast as they can with their bodies
<u>.</u>		Cone Monster - Everyone has a	Rings Game - Colors activity - placed x amount of rings in different places. Put a color inbetween each area. Whenever you say the color the players must run and stop their ball inside the ring. Give them a certain amount of seconds to keep pushing them. Progression would be to have one less ring than players and if you get a ring you get a point.	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.	Standard 1v1	2v2 or 3v3 games	Have kids partner up quickly and see how many passes they car get in 60 seconds
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5 - Game	Have kids do a plank race. Have them in groups and everyone does planks until all players have individually run around the circle. Announce winning team
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	Have kids do a toe tap race to see who can get the most in 60 seconds. Can do it forward or backwards
eek 1   I	Day 2		Rings Game - Colors activity - placed x amount of rings in different places. Put a color inbetween each area. Whenever you say the color the players must run and stop their ball inside the ring. Give them a certain amount of seconds to keep pushing them. Progression would be to have one less ring than players and if you get a ring you get a point.	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.	Standard 1v1	2v2 or 3v3 games	Have kids do a sit up race with partners. Whichever group gets the most in 2 30 second round wins. add them together
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5	Have kids do a push up race. same rules as situps
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	Have kids partner up and do dual force activity. Side by side , shoulder to shoulder. They must push the other back and forth
		Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the ones in their hand and hips.	Rings Game - Colors activity - placed x amount of rings in different places. Put a color inbetween each area. Whenever you say the color the players must run and stop their ball inside the ring. Give them a certain amount of seconds to keep pushing them. Progression would be to have one less ring than players and if you get a ring you get a point.	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a point every time they hit it.	1v1 Race - Race around goal on your side then go 1v1	2v2 or 3v3 games	Have them partner up. One player holds the ball and lays down. The other has to try and get it out of their hands. Rotate
•		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5	
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min	
eek 2	Day 2	Cone Monster - Everyone has a ball inside a square. The monster has a cone and tries to touch everyone's ball with the cone. If they succeed, that person becomes the monster.	Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time. You can separate by colors and have them go to those. Or say they are volcanoes and the move puts the volcano out	Partner Relays Everyone has a partner. The first player sprints to the line, does a turn, and passes it back to their teammate. Then there teammate goes. Each team reaces until everyone has done a set number	1v1 Race - Race around goal on your side then go 1v1	2v2 or 3v3 games	
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5	
					, <del>-</del>		1

TTOOK 4	Duy 2	are same person)	Sprint Buok	romos	орронопс	2v2 or ovo games
Week 4	Day 2	Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back.	Sharks and Minnows - Bruce the Shark - Nemos	1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent	2v2 or 3v3 games
						Time length - 20 Min
	Day 1	the most pinnies. You count the ones in their hand and hips.  Activity 1 - Fun	around the last one, between again and sprint back  Activity 2 - Skill Based	fighters count the number of ships they can get to.  Activity 3 - Fun	1v1 Race - Race around goal on your side then go 1v1  Activity 4 - 1v1 game	2v2 or 3v3 games  Activity 5 - Game
		Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has	Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones,	Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space		
		Activity 1 - Fun  Time length - 8 minutes	Activity 2 - Skill Based Time length - 8 minutes	Activity 3 - Fun Time length - 8 minutes	Activity 4 - 1v1 game  Time length - 8 minutes	Activity 5 - Game Time length - 20 Min
Week 3	Day 2	Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	To the Wall and back - set up a long line of cones. Players will dribble to the wall and do a turn and sprint back. Whoever gets back first, or first 2 etc get a point	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.	Time length - 8 minutes  1v1 to side goals - Players start on opposite sides of the center of the field. Coach passes to one player ( or just passes to the center) and the player must perform a lunge move on their opponent then try to score in one of the goals. Defender can win it in score ( most likely just have to roll a ball out so either player can get it.)	Time length - 20 Min
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
	Day 1	a ball from someone who has one. If your ball is stolen you	To the Wall and back - set up a long line of cones. Players will dribble to the wall and do a turn and sprint back. Whoever gets back first, or first 2 etc get a point	Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.	1v1 to side goals - Players start on opposite sides of the center of the field. Coach passes to one player ( or just passes to the center) and the player must perform a lunge move on their opponent then try to score in one of the goals. Defender can win it in score ( most likely just have to roll a ball out so either player can get it.)	2v2 or 3v3 games

			1			
		Cone Monster - Everyone has a				
		has a cone and tries to touch	Figure 8 dribbling. Players spring forward and dribble towards 2 cones.			
		everyone's ball with the cone. If	they must dribble inbetween the cones,			
		they succeed, that person	around the last one, between again and	Sharks and Minnows - Bruce the Shark -	1v1 Race - Race around goal on your	
Week 5	Day 1	becomes the monster.	sprint back	Nemos	side then go 1v1	2v2 or 3v3 games
	• •				ű	
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Activity 1-1 dil	Activity 2 - Okiii Baseu	Activity 5 - 1 un	Activity 4 - 1V1 game	
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
		Time length - 0 minutes	Time length - 0 minutes	Time length - 6 minutes	Time length - 0 minutes	WIIII
		Avoid the Monster - all players				
		have a ball except one. They are in a large square. They must be	Minefield actus conce arread out on		dud act and mayor. Each player has	
		creative to move around. The	Minefield - set up cones spread out on the field. Time them for 30 to 60	Partner Relays Everyone has a partner.	<b>1v1 cat and mouse.</b> Each player has a ball. There is a zone in the middle	
		monster goes around and steals	seconds. Give them a move they must	The first player sprints to the line, does a	they can move back and forth in.	
		a ball from someone who has	complete such as lunge or hook turn.	turn, and passes it back to their teammate.	Whenever the cat leaves the zone, the	
		one. If your ball is stolen you	Players must run and do a move at as	Then there teammate goes. Each team	mouse must race them to that side.	
		must go get someone else's (not	many cones as they can in the allotted	reaces until everyone has done a set	The goal is to feint ot trick your	
Week 6	Day 1	the same person)	time.	number	opponent	2v2 or 3v3 games
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5 - Game
						Time length - 20
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Min
		Cone Monster - Everyone has a		Partner Relays Everyone has a partner.		
		ball inside a square. The monster	Figure 8 dribbling. Players spring	The first player sprints to the line, does a		
		has a cone and tries to touch	forward and dribble towards 2 cones. they must dribble inbetween the cones,	turn, and passes it back to their teammate.		
		everyone's ball with the cone. If	around the last one, between again and	Then there teammate goes. Each team	1v1 Race - Race around goal on your	
Week 7	Day 1	they succeed, that person becomes the monster.	sprint back	reaces until everyone has done a set	side then go 1v1	2v2 or 3v3 games
TTOOK 1	J	becomes the monster.	oprint buok	number	olde alleit go 111	Liz or ove garnes
			Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Activity 1 - Fun				Time length - 20
			Activity 2 - Skill Based Time length - 8 minutes	Time length - 8 minutes	Activity 4 - 1v1 game Time length - 8 minutes	-
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players		Time length - 8 minutes Space Invaders : In a 15Wx20L yard grid		Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are	Time length - 8 minutes	Time length - 8 minutes Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped	Time length - 8 minutes	Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be	Time length - 8 minutes  Minefield - set up cones spread out on	Time length - 8 minutes Space Invaders : In a 15Wx20L yard grid	Time length - 8 minutes  1v1 cat and mouse. Each player has	Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle	Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in.	Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn.	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the	Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a one. If your ball is stolen you	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side.	Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn.	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the	Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your	Time length - 20 Min
Week 8		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your	Time length - 20 Min
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases), Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent	Time length - 20 Min
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases), Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent	Time length - 20 Min  2v2 or 3v3 games  Activity 5
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (besses). Select 2 players to be it. They are guarding the	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be receative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid,	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the characteristic so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the cuards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in.  Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the quards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be receative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the characteristic so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships by be safe.	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the rouards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in.	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other prinnies out without losing their ball. Do 2 pinnies per person.	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring forward and dribble towards 2 cones.	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space lighters are trying to avoid the guards so they can land on a ship. Have	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
		Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, they must dribble inbetween the cones,	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the cuards so they can land on a shin. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have the space	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side.	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
Week 8	Day 1	Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be recative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring forward and dribble towards 2 cones.	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space lighters are trying to avoid the guards so they can land on a ship. Have	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20
Week 8	Day 1	Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring forward and dribble towards 2 cones, they must dribble inbetween the cones, around the last one, between again and	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the quards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side.	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20 Min
Week 8	Day 1	Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring forward and dribble towards 2 cones, they must dribble inbetween the cones, around the last one, between again and	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the quards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side.	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20 Min
Week 8	Day 1	Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the ones in their hand and hips.	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20 Min  2v2 or 3v3 games
Week 8	Day 1	Activity 1 - Fun  Time length - 8 minutes  Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)  Activity 1 - Fun  Time length - 8 minutes  Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the ones in their hand and hips.	Time length - 8 minutes  Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted time.  Activity 2 - Skill Based  Time length - 8 minutes  Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and sprint back	Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have  Activity 3 - Fun  Time length - 8 minutes  Space Invaders: In a 15Wx20L yard grid with several 3 yard triangular shaped Space Ships (bases). Select 2 players to be it. They are guarding the ships by defending. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe.  The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.	Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent  Activity 4 - 1v1 game  Time length - 8 minutes  1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint of trick your opponent	Time length - 20 Min  2v2 or 3v3 games  Activity 5  Time length - 20 Min  2v2 or 3v3 games  Activity 5 - Game

		Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not	Minefield - set up cones spread out on the field. Time them for 30 to 60 seconds. Give them a move they must complete such as lunge or hook turn. Players must run and do a move at as many cones as they can in the allotted	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a	1v1 cat and mouse. Each player has a ball. There is a zone in the middle they can move back and forth in. Whenever the cat leaves the zone, the mouse must race them to that side. The goal is to feint ot trick your	
Week 10	Day 1	the same person)	time.	point every time they hit it.	opponent	2v2 or 3v3 games
		Activity 1 - Fun	Activity 2 - Skill Based	Activity 3 - Fun	Activity 4 - 1v1 game	Activity 5
		Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 8 minutes	Time length - 20 Min
Wook 44	Day 4	Knockout - Players are in a grid, with a penny touched into their pants. Players must dribble around and try to pull other pinnies out without losing their ball. Do 2 pinnies per person. The winner will be whoever has the most pinnies. You count the	Figure 8 dribbling. Players spring forward and dribble towards 2 cones. they must dribble inbetween the cones, around the last one, between again and	Coach Smack - Players dribble their ball and try to hit the coach's legs. They get a	1v1 Race - Race around goal on your	Ord or the general
Week 11	Day 1	ones in their hand and hips.	sprint back	point every time they hit it.	side then go 1v1	2v2 or 3v3 games