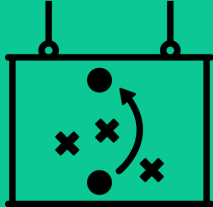


***PICK IT***



***FIVE FAVORITE ACTIVITIES  
THEME: POSSESSION***



# PICK IT

## How

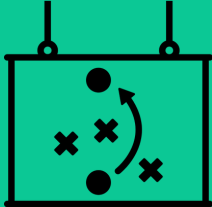


**This deck can be used in a variety of ways. Feel free to print these out!**

- 1. Show all of the cards and have them select the theme and the game(s) they would like to play.**
- 2. Allow the players to select the theme based on what they want to improve.**
- 3. As the coach, have a pre-determined theme in mind, use only those cards, but allow them to select the game(s).**
- 4. Bring out all of the cards and have them to add any variations they would like to implement.**
- 5. Create teams using a "this or that" method. Example: If you like cookies stand to my left, if you like brownies, stand to my right. If the teams aren't even you can ask for volunteers to move.**
- 6. Have pre-determined teams based on their roles as an attacker, defender, goalkeeper, etc.**

# PICK IT

Why



## *Ideas to create an athlete centered environment*

- Ask the players what change(s) they would make?
- Ask the players to come up with a number of successful attempts they want to achieve?
- Allow the players to work independently between games/activities if doing them more than one time.
- Ask the players to acknowledge good performance or effort from one of their teammates during the games/activities?
- Ask the players what the game/activity is developing?



# PICK IT

## Theme: Possession



### Competitive Rondos



Two equal teams.  
Players get a letter or number.  
Each team sends two players to the other's rondo.

If they get a touch or if the other team loses possession they leave and the next letter comes over to defend.



# PICK IT

## Theme: Possession

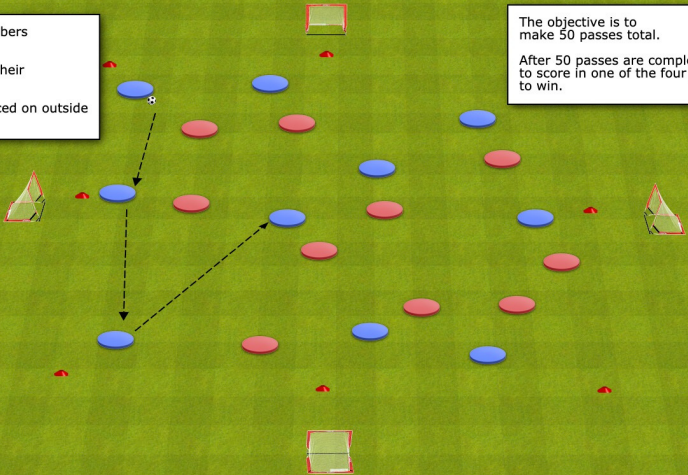
# 2

First To 50



Two teams of equal numbers (if possible)  
Space is appropriate to their ability level.  
Four small goals are placed on outside of playing area.

The objective is to make 50 passes total.  
After 50 passes are completed, they need to score in one of the four goals in order to win.





# PICK IT

## Theme: Possession

# 3

Six Boxes



Square 1

Square 3

Square 5

Players are allowed to go anywhere.

The objective is to connect a specific amount of passes in 4 out of 6 squares.

Example:  
The specific amount of passes to connect is 3. When a team connects 4 passes in a row in at least 4 out of the 6 possible squares the game/round is over.

Square 2

Square 4

Square 6

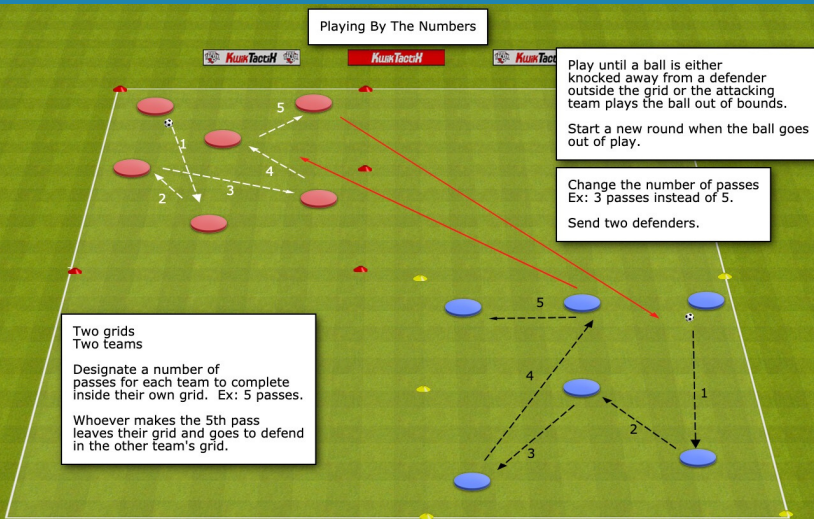


# PICK IT

## Theme: Possession



### Playing By The Numbers



Play until a ball is either knocked away from a defender outside the grid or the attacking team plays the ball out of bounds.  
Start a new round when the ball goes out of play.

Change the number of passes  
Ex: 3 passes instead of 5.  
Send two defenders.

Two grids  
Two teams  
Designate a number of passes for each team to complete inside their own grid. Ex: 5 passes.  
Whoever makes the 5th pass leaves their grid and goes to defend in the other team's grid.



# PICK IT

Theme: Possession

5

Connect 3



Put two teams inside an area.  
The size depends on the numbers.  
In each corner put two players from each team.

A point is scored after a pass goes into one of their teammates in a corner and they pass to a 3rd player. Play to a certain amount of points determined by the players.

The player that passes the ball into a corner switches with that player.





***THANK YOU***