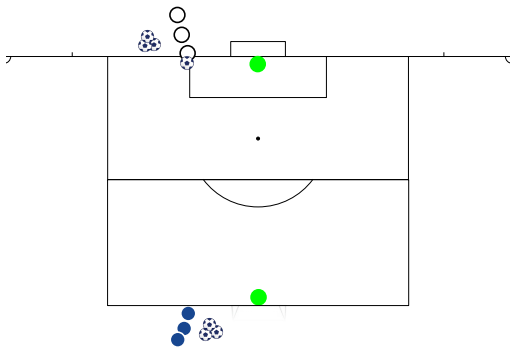


JUGGLING U11

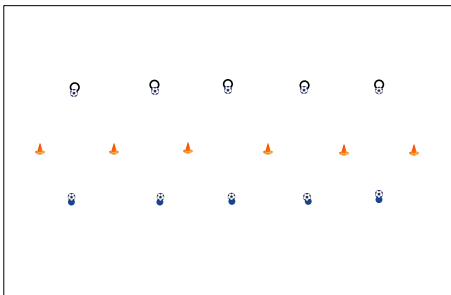


PRESSURE 1 V 1 W/ GKS

Box on Box. Defender plays ball to attacker, then closes him down. Attacker must take defender on and get shot off. Play is finished when goal is scored or ball goes out of play. Time: 15 min.

COACHING POINTS:

Defender must close down quickly. Defender should bend run slightly and make play predictable. GK should communicate with defender. Stay 4:1 on positive to instructional comments throughout session.

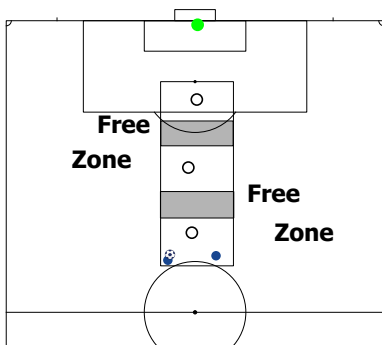


SHADOW DRIBBLING

Avoiding Touch in Two's Mirror (Add Cone): Player on ball dribbles with side to side movements; the other player with a ball mirrors that player. Players stay in between cones. Time: 5 min.

Coaching Points:

Work in stretching during this exercise and make sure your ratio of positive comments to instructional comments is 4:1 throughout the session. Player on ball first should be creative using feints and other deceptive movements.



2 V 1 FIGHT FREE

Set up three 10x10 yard grids with 5x10 yard neutral zones in between. Two attackers take on one defender while defenders may not enter neutral zone. Time: 10 min

COACHING POINTS:

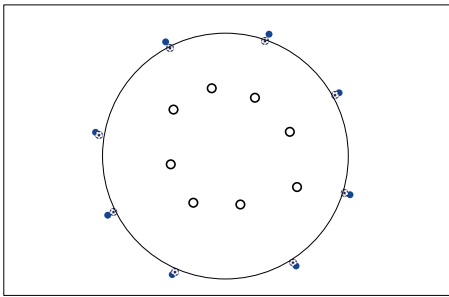
Player on ball is looking to commit defender while using the dribble to create 2v1 opportunities. Look for the use of combinations to beat defender; take-over, overlap, wall pass, etc. Penetrate with the dribble to get into the neutral zone.



RULES

GENERAL NOTES

EQUIPMENT



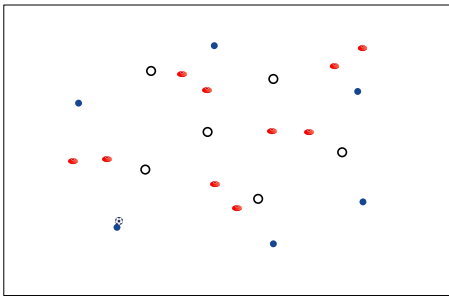
WINDOWS - DIFFERENT TYPES

Organization:

Half players on outside of circle with ball in hand, half players in middle of circle. Players in middle receive head balls from players on outside, 30 seconds, then switch. Incorporate heading, jumping headers, defensive headers, and diving headers.

Coaching Points:

Details to watch for - bend at waist, snap through the ball, eyes open, contact with forehead, attack ball, don't let it hit you. Use high energy, create excitement. Find good technique to showcase and comment on.

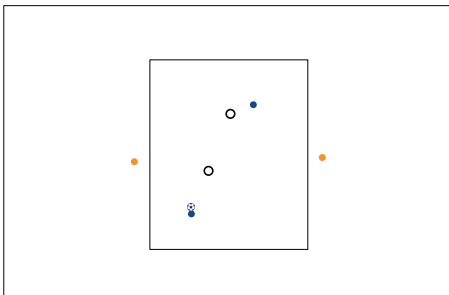


PASS THROUGH GOALS

- Place small goals randomly throughout the field
 - Field size adjusted according to number of players. One minute games
 - Each team starts with a ball.
 - Aim is to pass ball and try to get through as many goals as possible.
- Time: 10 min.

Coaching Points:

- Manipulating the ball in order to avoid pressure.
- Work full speed, change of direction, turning and accelerating



2 V 2 / BUMPERS

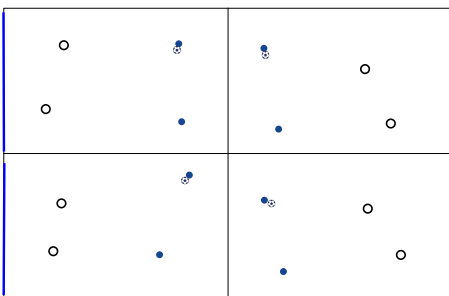
Organization:

2v2 in 20x15 yard grid with 2 supporting players on the side. The supporting players have one touch. Players in possession are now 4v2.

Coaching Points:

Emphasis on the wall pass and change of pace after the initial pass. Player receiving ball must be ready to play ball one touch, and into the runners path. Focus on the technique of both players.

Attacking team score a point by dribbling



2ND DEFENDER 2 V 2

2 minute games. 20x15 yard grid. Attacking team scores by dribbling over line under control. Time: 15min.

Coaching Points:

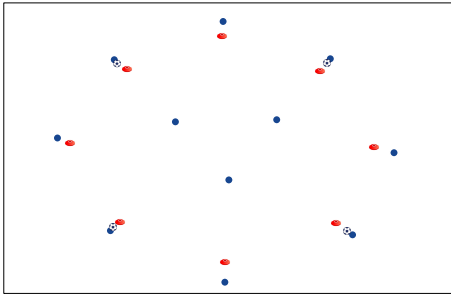
1st defender must pressure ball and make play predictable. 2nd defender provides cover. Defenders should try not to cross paths. Focus should mostly be on the pressuring defender.



RULES

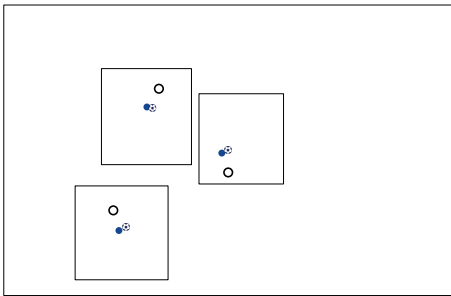
GENERAL NOTES

EQUIPMENT



RECEIVING

Set up a good sized circle (maybe 30 yards diameter). Half the players on the outside are servers. Servers have a ball in hand. Workers move inside the grid going to different servers. When workers arrive at the server, (about 5-6 yards away), the server tosses a ball to the worker who controls and passes it back.



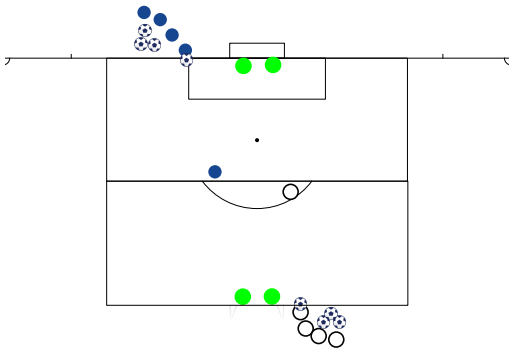
SHIELDING

Organization:

Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins.

Coaching points:

Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.

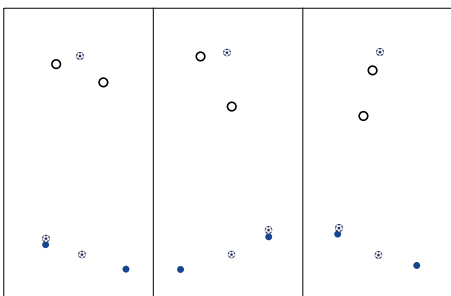


2 GKs TURN & GO 1V1

Same set up as exercise #2, except no gk's. Place two field players in each goal. They are not allowed to use hands. When player turns, he/she has option to shoot or dribble at goal. One player in goal must come out and confront attacker. Time: 15 min.

Coaching Points:

Attacker should make up mind early. Shoot or take defenders on. Use proper technique when shooting, use the inside of the foot when close to the goal and the instep when you are far away.



1V2 TRANSITION

Dribble around Ball for Another 1v2: Place two balls 15 yards apart. These balls act as goals. One player attacks 2 defenders. This attacker attempts to score by hitting ball while other attacker rests. When a defender wins ball, he/she must dribble around own goal before going forward to score, thus starting another 1v2 situation. Time: 15 min.

Coaching Points:

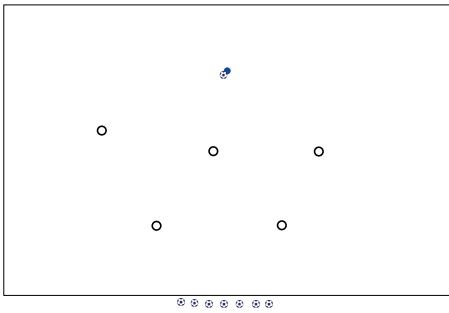
Once defender has won the ball, he/she should transition quickly around their ball in order to get forward before the defense has gotten organized. This can be done by dribbling or passing to teammate. Find positive moments to comment on, create some excitement for players.



RULES

GENERAL NOTES

EQUIPMENT



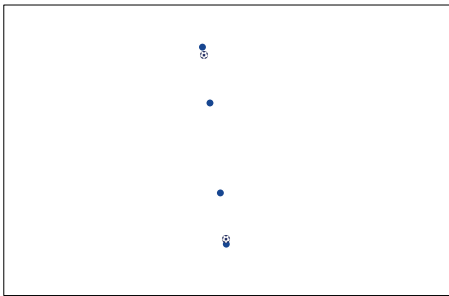
PAC-MAN

Organization:

One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.

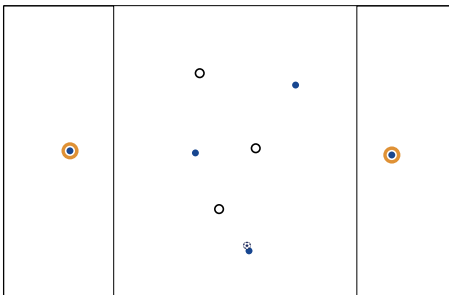


PASSING TRIANGLE PATTERN

20x30yd grid, patterns set to mimic playing out of the back. Time: 15min

Coaching Points:

Sense of urgency to break into space to receive the ball. Clean touches, play lead foot for speed, awareness, communication to help move the ball along.

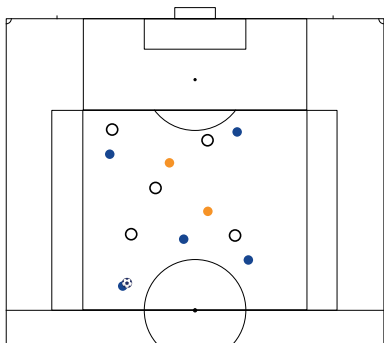


3 V 3 + TARGETS

30x20 yards grids, 3 minute games, possess from 1 target to the other for a point. Time: 15 min.

Coaching Points:

Encourage players to find the targets (first choice). Players' movement off the ball is very important, timing and angle of support. Introduce some verbal and non verbal communication. Find positive comments within the play.



5 V 5 + 2 NEUTRALS

Organization:

40x50 yard grid with 3 yard zone. Players must play it in zone (by dribbling or passing) then must connect one more pass with teammates outside of the zone to count as a point.

Coaching Points:

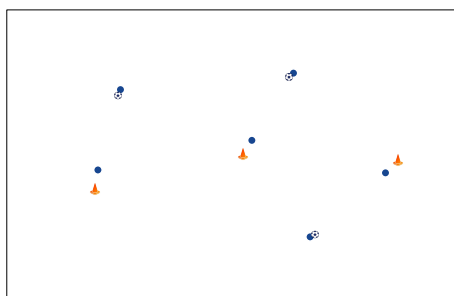
Movement of players off ball. Finding cues from defenders to initiate combination play. Emphasis on the wall pass.



RULES

GENERAL NOTES

EQUIPMENT



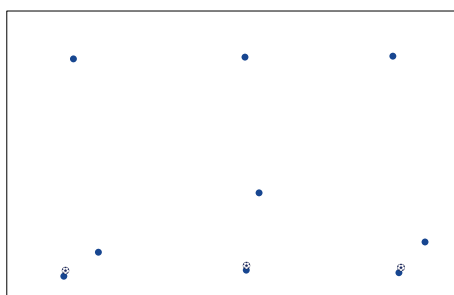
FORTRESS

Organization:

Have players pair up, one with a call and the other with a tall cone. The player with the ball tries to knock over or hit the cone while the other has to defend it (fortress). After 30-90 seconds, switch roles. Time: 10 mins.

Coaching points:

Player with ball must work on deception, change of direction and weight, timing and accuracy of passes/shots. Stay 4:1 on the positive to instructional comment throughout the session.



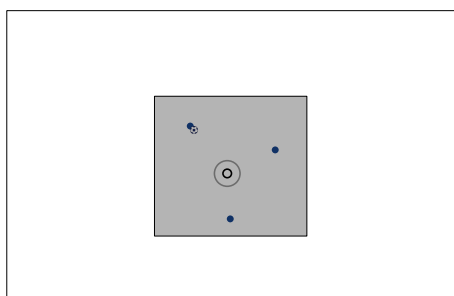
IN 3S - SHORT, SHORT, LONG

Organization:

3s Short, Short, Long: 1-touch and 2-touch. 2 players are close to each other while the 3rd player is 15-20 yards away. The 2 play short, short, and then a long pass, the player who plays long, supports the 3rd and repeat.

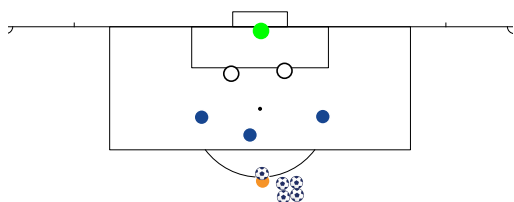
Coaching Points:

Encourage the pace of the pass to be appropriate, accuracy-play to correct foot, ask players to use the inside and outside of foot. Stay 4:1 on the positive to instructional comments throughout the session.



3 V 1

In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.



3 V 2 IN THE BOX

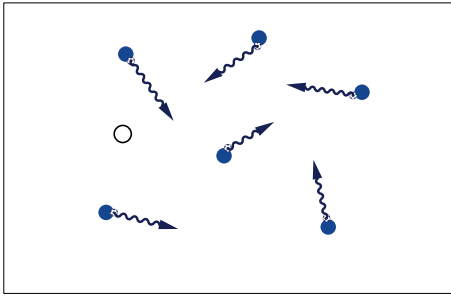
3 attackers v 2 defenders in the penalty area. Coach at the top of the area with plenty of footballs. Encourage shooting technique, laces v side of the foot.



RULES

GENERAL NOTES

EQUIPMENT



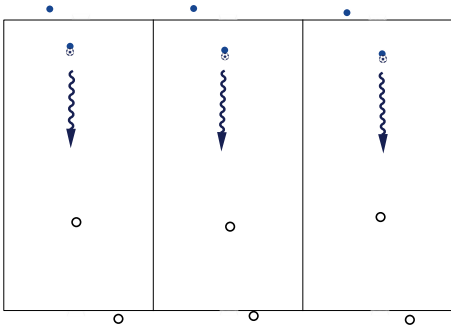
DRIBBLE TAG

Organization:

Each player with a ball is dribbling within a confined space with one player "it". He/she can have a ball or not. The game is then played like a normal game of tag. Grid size: 30 x 15 yards. Time: 5 mins.

Coaching points:

Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)

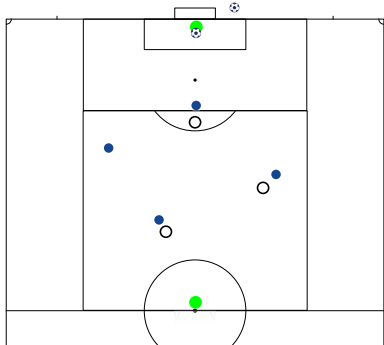


1V1 SMALL GOALS

Four 20x15 yard grids. Play begins with attacker dribbling ball from his/her goal and defender stepping out from his/her goal. The player in the grid may switch with his/her partner two ways: by passing or tagging hands. Two minute games then switch attack and defense. Time: 15 min.

Coaching Points:

Attacker should change speed and direction to get by defender. Should not worry about losing ball. No consequence if player does lose ball. The attacker should carry ball like they are "carrying a football" trying to avoid even being touched by defender. They do this by doing the move early, avoid getting too close to the defender so they cannot even have a chance to tackle or poke the ball away.

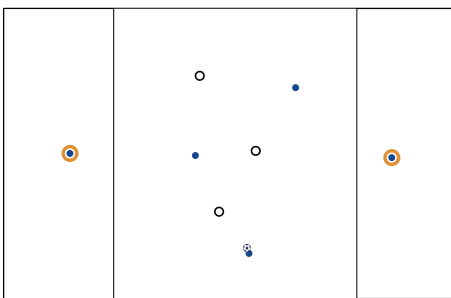


2 V 3 W/GKS

Same as above but add players. Time: 15 min.

Coaching Points:

- Winning the ball
- Going forward with pace and purpose
- Finishing with a shot.



3 V 3 + TARGETS

30x20 yards grids, 3 minute games, possess from 1 target to the other for a point. Time: 15 min.

Coaching Points:

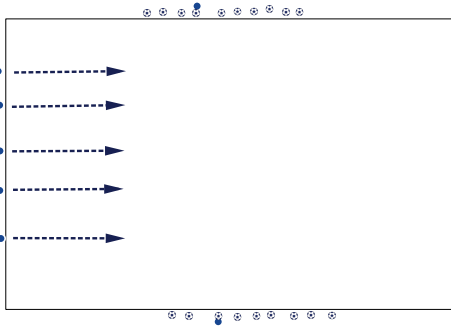
Encourage players to find the targets (first choice). Players' movement off the ball is very important, timing and angle of support. Introduce some verbal and non verbal communication. Find positive comments within the play.



RULES

GENERAL NOTES

EQUIPMENT



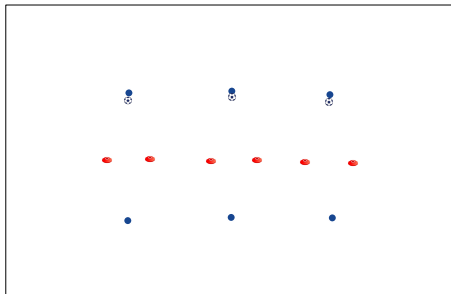
TOP GUN

Organization:

The game begins with two players on opposite sides of the grid. The rest of the players run from one side of the field to the other. Players with a ball attempt to hit the runners below the waist. If a player is hit, they become a shooter. The Top Gun is the sole surviving player. Field size: 20 x 30 yards. Time: 10 min.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



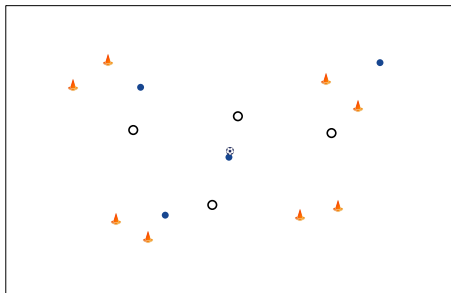
GATE PASSING

Organization:

Players should be 5-10 yards apart. Increase or decrease distance depending on success. Use two cones as a gate, start with the gate 5 yards apart and decrease with success. Time: 10 min.

Coaching points:

Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



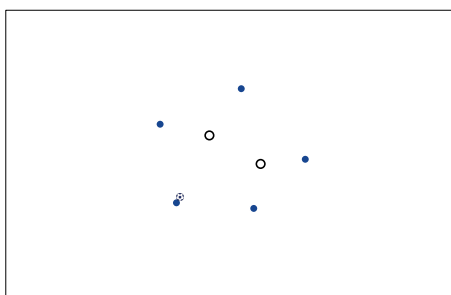
MULTIPLE GOALS

Organization:

Team scores a point by passing through a gate to a teammate. A team cannot score through the same gate in a consecutive possession.

Coaching points:

Pass and move. 1st touch away from pressure. Encourage players to move the ball with a pass.



5 V 2 RONDO

Five attackers form a circle around two defenders and play keep away. Unlimited touches. Attacker who loses the ball, becomes a new defender. 10 consecutive passes without a defender touching the ball = defenders stay in the middle.

Coaching points:

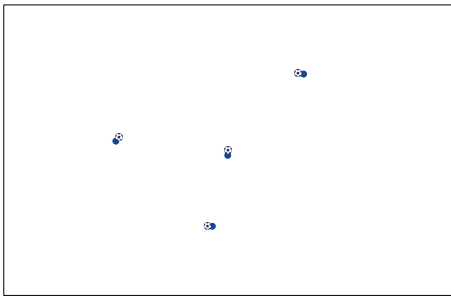
Passing technique is correct; inside of foot, ankle locked, toes above ankle. Players off the ball must move to support the player with the ball.



RULES

GENERAL NOTES

EQUIPMENT



JUGGLE TWICE AND DIFFERENT TRAPS

Player will juggle the ball twice and then look to trap the ball with different surfaces of the foot or parts of the body.

Coaching points:

Laces - as the ball is coming down, players hold out a 'dead foot', ankle is not locked, ball hits top of foot and down towards the toe. Inside of the foot - use big surface, cushion the ball. Sole of foot - after ball bounces, put foot over the ball and the ball bounce up against sole.

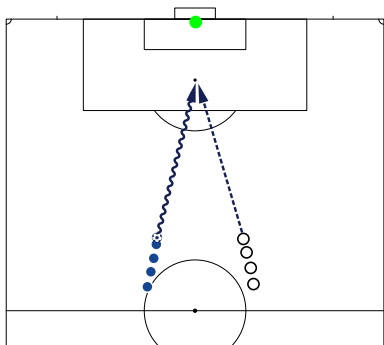


COMBINATION PLAY IN 3S

One ball per group. A) Two of the three, start passing one touch 10 yards apart. Third man is 30-35 yards away. When one of the players collects the ball for a two touch, the third man shows. The player who passes stays while the partner goes to support. B) Same as first but must conduct an overlap for the support run. C) Same as B, but conduct a wall pass with the 3rd man, than play another long ball to the 'new' third man. Time: 10 min.

Coaching Points:

- Passing should be sharp and done at full speed
- Players should use the correct weight on the pass on one touch and then drive the long ball.
- Players receiving should be going to the ball. *Introduce some communication*
- Keep this introduction short and sharp.
- Stay 4:1 on the Positive instructional comments through out the session.



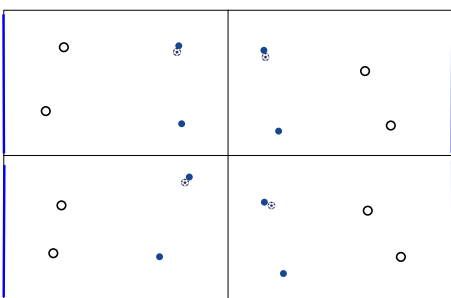
1 V 1 BREAKAWAYS

1v1 exercise starts 35 yards from goal in which 2 players are facing each other. One player is designated as the attacker and the other is the defender. The defender cannot begin until the attacker touches the ball. Once touched the attacker attempts to score on the big goal. The defender chases down the attacking player. Time: 10 min.

COACHING POINTS:

Attacker is looking to go straight to goal with big touches while using body to cut off the defender. Introduce toe poke for a shot. This could be used if a player has to shoot quickly. Create excitement when players are successful.

Attacking team score a point by dribbling



2ND DEFENDER 2 V 2

2 minute games. 20x15 yard grid. Attacking team scores by dribbling over line under control. Time: 15min.

Coaching Points:

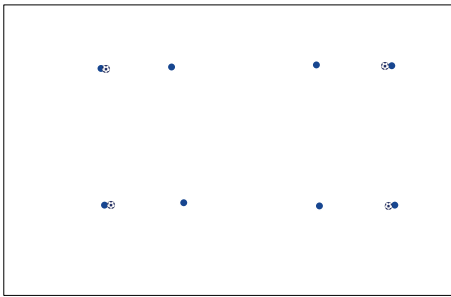
1st defender must pressure ball and make play predictable. 2nd defender provides cover. Defenders should try not to cross paths. Focus should mostly be on the pressuring defender.



RULES

GENERAL NOTES

EQUIPMENT

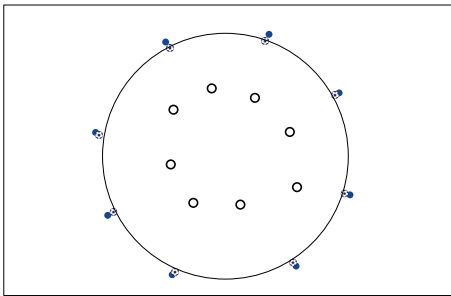


CHIP AND JUGGLES 3 TIMES

Chip ball to partner who juggles three times and chips it back.
Time: 20 min.

Coaching Points:

- First touch is to lift ball.
- Players can use any surface to juggle but one touch should set up the next.
- 4:1 ratio of positive to instructional comments.



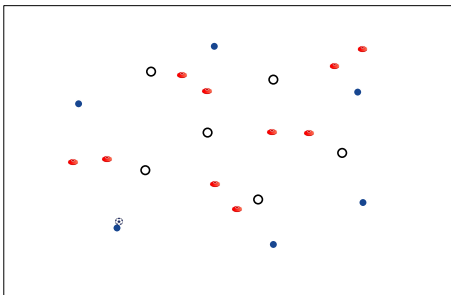
WINDOWS - DIFFERENT TYPES

Organization:

Half players on outside of circle with ball in hand, half players in middle of circle. Players in middle receive head balls from players on outside, 30 seconds, then switch. Incorporate heading, jumping headers, defensive headers, and diving headers.

Coaching Points:

Details to watch for - bend at waist, snap through the ball, eyes open, contact with forehead, attack ball, don't let it hit you. Use high energy, create excitement. Find good technique to showcase and comment on.

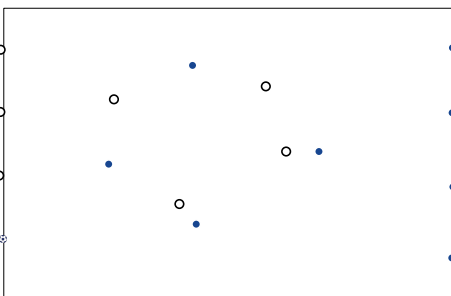


PASS THROUGH GOALS

- Place small goals randomly throughout the field
 - Field size adjusted according to number of players. One minute games
 - Each team starts with a ball.
 - Aim is to pass ball and try to get through as many goals as possible.
- Time: 10 min.

Coaching Points:

- Manipulating the ball in order to avoid pressure.
- Work full speed, change of direction, turning and accelerating



4 V 4 IN THE BOX + 4 & 4 ON END LINES

36x44 yard grid

Inside players use outside targets for support and try to dribble through under control into outside areas to score. Time: 20 min

Coaching Points:

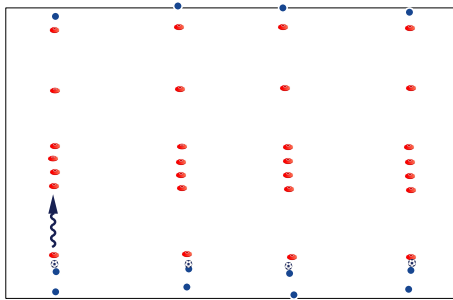
- Dribble in tight area
- Maintain balance
- Attack the space
- Withstand physical pressure.



RULES

GENERAL NOTES

EQUIPMENT



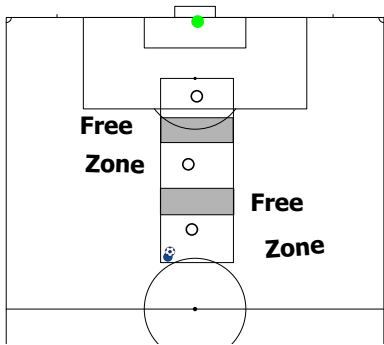
DRIBBLING RELAY RACES

Make teams small so they get lots of touches and there are short lines.

Set up cones so they can vary the skills (dribble around the far cone, tight circles around middle cone, dribble through close cones etc.)

Coaching points:

1. Break up races with coaching points.
2. Focus on good control
3. Keep eyes out in front
4. Push yourself to go fast



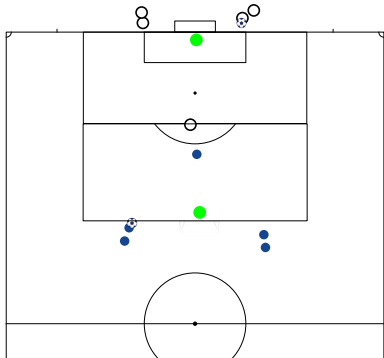
1 V 1 W/FIGHT FREE ZONES

Start on the line going one at a time.

- Defender cannot leave the grid. Time: 15 min

Coaching Points:

- Fluid with the ball
- Fake and accelerate
- Stay 4:1 on the positive to instructional comments throughout the session.

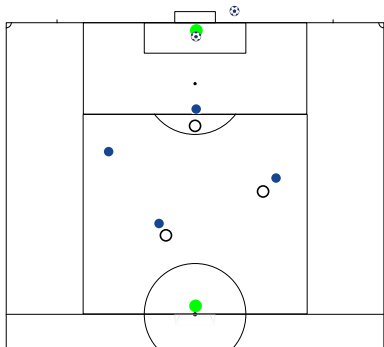


1 V 2 W/GKS

40x50 yard grid with goals. Attacking players go the end of the line after finishing; next defender joins the attack going the other way. Time: 15 min.

Coaching Points

- Recovery runs
- Communication
- Timing and angles of approach
- Sweeping or sliding tackles,
- Deny shots.



2 V 3 W/GKS

Same as above but add players. Time: 15 min.

Coaching Points:

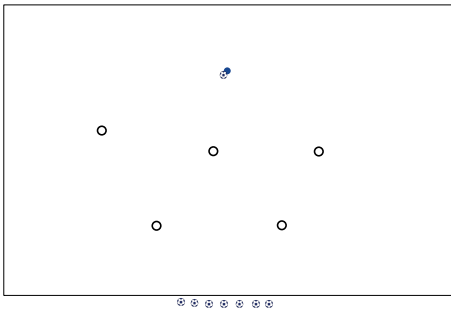
- Winning the ball
- Going forward with pace and purpose
- Finishing with a shot.



RULES

GENERAL NOTES

EQUIPMENT



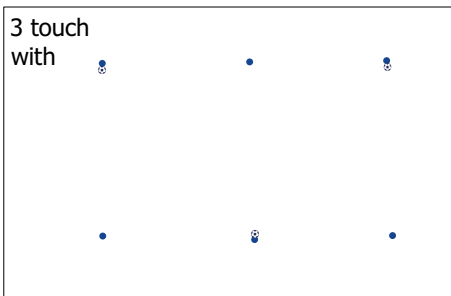
PAC-MAN

Organization:

One player with a ball begins as the Pac-Man. They attempt to swallow the ghosts by hitting them with their ball below the knees. If a player is hit, they then become a Pac-Man, getting a ball from the outside of the grid. Play continues until one player is left.

Coaching points:

Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.



PASSING AND RECEIVING

Rush Partner passing - 1 ball between 2 players about 12 yards apart.

1 touch

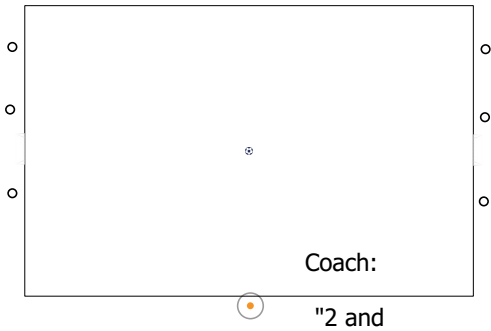
2 touch

3 touch with change of direction cuts

Make it fun and add challenges!

Coaching points:

1. Light on feet, bouncing after pass.
2. Toes up to create a big surface "big big toe!"
3. Plant foot pointed at target.



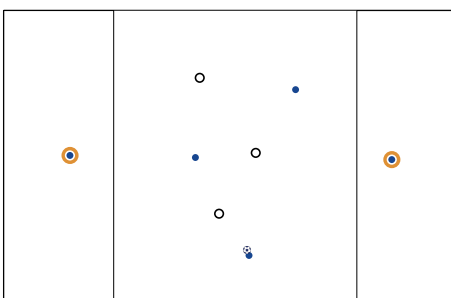
NUMBERS GAME

Organization:

The coach will call out two numbers, the players with those numbers will play 2 v 2. Field size: 25 x 35 yards. Time: 10 min.

Coaching points:

Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.



3 V 3 + TARGETS

30x20 yards grids, 3 minute games, possess from 1 target to the other for a point. Time: 15 min.

Coaching Points:

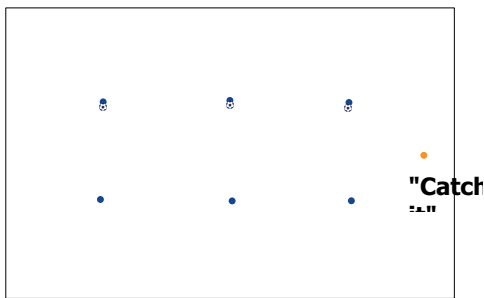
Encourage players to find the targets (first choice). Players' movement off the ball is very important, timing and angle of support. Introduce some verbal and non verbal communication. Find positive comments within the play.



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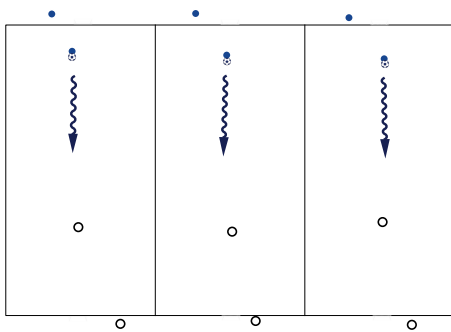
EQUIPMENT



HEAD CATCH GAME

1. If coach says head it, players must catch it
2. If coach says catch it, players must head it
3. If the players don't do the correct command, they sit down. Last player standing wins.

Try and go as fast as the thrower. Keep players engaged and interested by going quickly

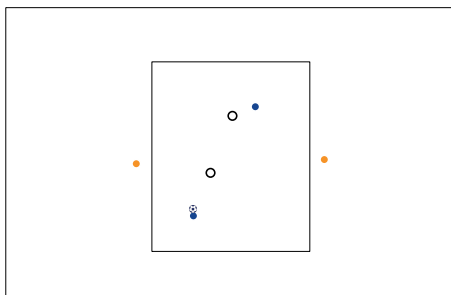


1 V 1 SMALL GOALS

Four 20x15 yard grids. Play begins with attacker dribbling ball from his/her goal and defender stepping out from his/her goal. The player in the grid may switch with his/her partner two ways: by passing or tagging hands. Two minute games then switch attack and defense. Time: 15 min.

Coaching Points:

Attacker should change speed and direction to get by defender. Should not worry about losing ball. No consequence if player does lose ball. The attacker should carry ball like they are "carrying a football" trying to avoid even being touched by defender. They do this by doing the move early, avoid getting too close to the defender so they cannot even have a chance to tackle or poke the ball away.



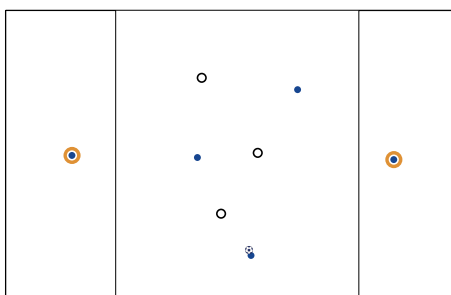
2 V 2 / BUMPERS

Organization:

2v2 in 20x15 yard grid with 2 supporting players on the side. The supporting players have one touch. Players in possession are now 4v2.

Coaching Points:

Emphasis on the wall pass and change of pace after the initial pass. Player receiving ball must be ready to play ball one touch, and into the runners path. Focus on the technique of both players.



3 V 3 + TARGETS

30x20 yards grids, 3 minute games, possess from 1 target to the other for a point. Time: 15 min.

Coaching Points:

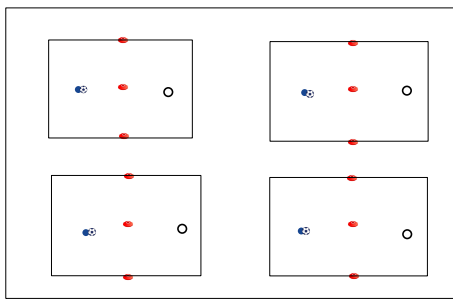
Encourage players to find the targets (first choice). Players' movement off the ball is very important, timing and angle of support. Introduce some verbal and non verbal communication. Find positive comments within the play.



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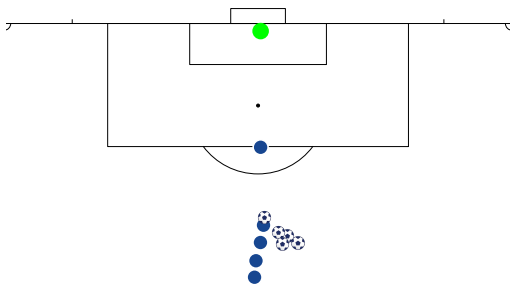


TWO TOUCH TENNIS 1 V 1

Two touch soccer tennis 1v1. Ball has to go over cones and one bounce per side.
Time: 30 min.

Coaching Points:

- Up on toes ready for any ball
- First touch leads them into placing ball with next.
- Use all surfaces to receive ball.
- Become a fan and have fun with the players.

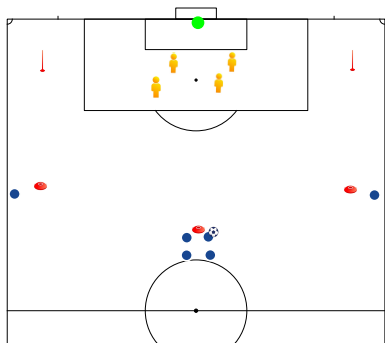


TURN AND SHOOT

One player takes 5 shots in a row and rotates. This player turns and shoots. Look for quick rotation and many repetitions. Use 2 lines or 2 goals to utilize as many players as possible. Time: 15 min.

Coaching Points:

Ensure players have quality of first touch, look at body posture while receiving, deception. Get the shot off quickly with minimal steps in between. Stay 4:1 on the positive to instructional comments throughout the season.

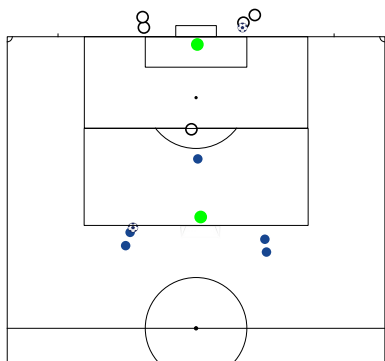


CROSSING & FINISHING

4 lines wide, two in the end line, two above the box.
Outside player dribbles down line and crosses to the runner. Alternate sides.
Keep a couple behind the goal to retrieve balls.
Time: 20 min.

Coaching Points:

- Send two at a time.
- Make sure players attack the ball in the box.
- The technique for striking the ball does not change from Exercise #1.
- Be positive and fun.
- Repetition is key.



3 V 4 W/GKS

Extend the playing area to the midfield and widen it even with the box. Time: 15 min.

Coaching Points:

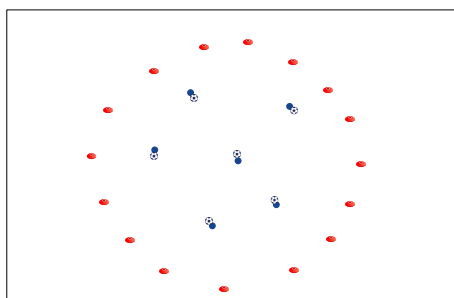
- Get numbers forward
- Cover ground quick with direct approach
- Positive attitude
- Finish with a shot.



RULES

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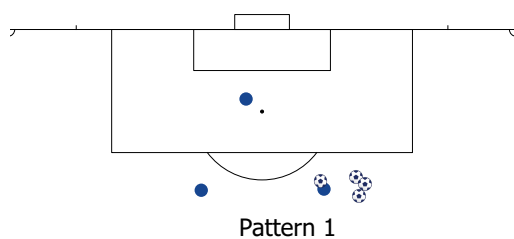


JUGGLING CIRCLE

Foot catch, thigh catch, head catch etc. If the ball hits the ground, player must do an exercise to get back into the juggling circle.

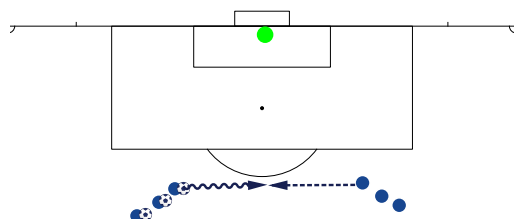
Coaching points:

Ask players to be light on their feet and move like an athlete.



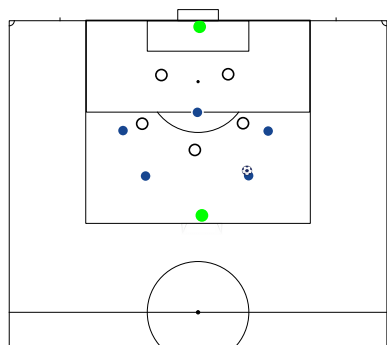
PATTERNS WITH SHOT

Coach can change patterns. Keep it simple. Two touch.



TAKEOVER WITH SHOT

Two lines facing each other at the top of the penalty area, one line with balls. Player A dribbles towards player B who runs out and takes over the ball before a shot at goal.



BOX ON BOX 5 V 5

3 minute games. Winner stays on. Time: 30 min.

Coaching Points:

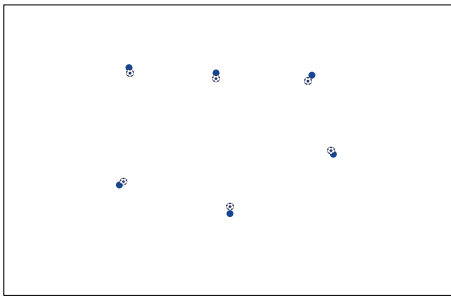
Encourage lots of shots. Players are in shooting distance almost anywhere on field. Shoot or look to set teammate up for shot.



RULES

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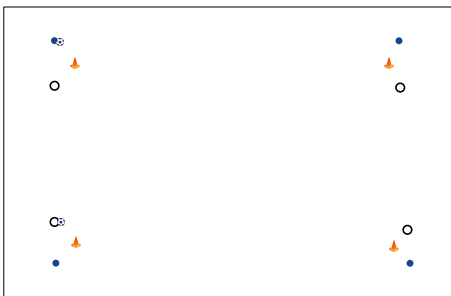


JUGGLING U12

Challenge players by instructing them on which body parts to use. Feet only, head only, around the world, alternating foot/thigh, high ball every third touch, etc... (see pg. 23; doc. 310 96) Time: 10 min.

Coaching Points:

Players should not be using hands to catch ball or start juggling. When juggling with laces, ankle should be locked and toe pointed. 4:1 on the positive to instructional comments throughout session.

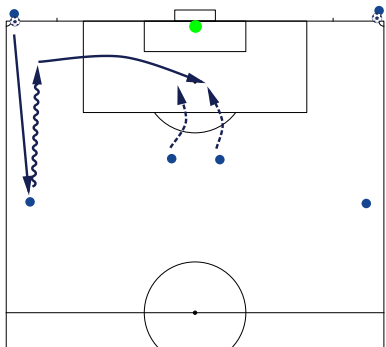


HORSE SHOES

Players get a partner who is on opposite cones, against another team. Ball is served to teammate and they try to get the ball as close to the cone with their first touch as they can. The team that is closest to the cone gets the point. Those players then serve their partner. Time: 20 min.

Coaching Points:

- Body is prepared for any ball.
- Concentrate on killing (cushioning) the ball and taking the bounce out of it.
- Ball cannot hit the ground before the receiving player touches it.

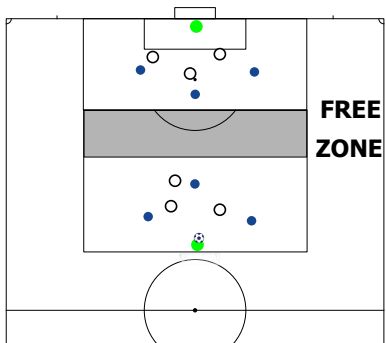


CROSSING & FINISHING W/TWO RUNNERS

4 lines wide, two in the end line, two above the box. Two runners going to goal. Outside player dribbles down line and crosses to the runners. First player sets the ball while the other uses one of the techniques to finish. Alternate sides. Time: 15 min.

COACHING POINTS:

Timing of runs, quality of service, setting, technique, rebounds. Curl your run toward the back post then in. Do not arrive too early; make sure players are meeting the ball at full speed in the box.



3 V 3 + 3 V 3 WITH 3 ZONES

Two 36x44 yard grids, with a 10 yard free zone. Players cannot enter middle zone. Ball must travel through the middle zone in the air. Time: 25 min.

COACHING POINTS:

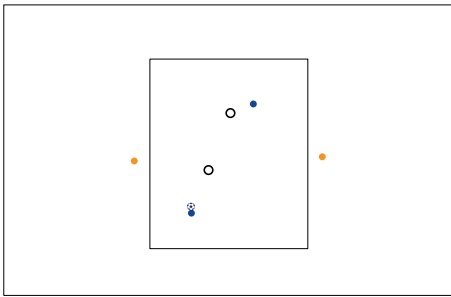
Ensure good starting positions for 2 attackers, attackers must work together to break down defense. Quality service from defenders into attackers. Encourage finding players early. Look for good moments to comment on.



RULES

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2 V 2 / BUMPERS

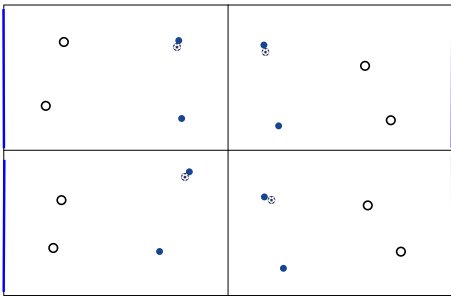
Organization:

2v2 in 20x15 yard grid with 2 supporting players on the side. The supporting players have one touch. Players in possession are now 4v2.

Coaching Points:

Emphasis on the wall pass and change of pace after the initial pass. Player receiving ball must be ready to play ball one touch, and into the runners path. Focus on the technique of both players.

Attacking team score a point by dribbling

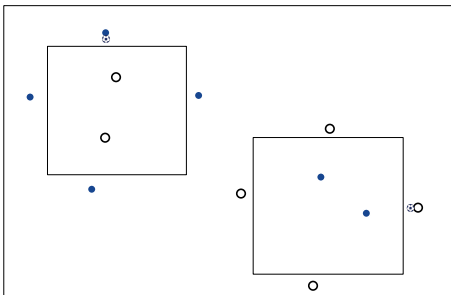


2ND DEFENDER 2 V 2

2 minute games. 20x15 yard grid. Attacking team scores by dribbling over line under control. Time: 15min.

Coaching Points:

1st defender must pressure ball and make play predictable. 2nd defender provides cover. Defenders should try not to cross paths. Focus should mostly be on the pressuring defender.



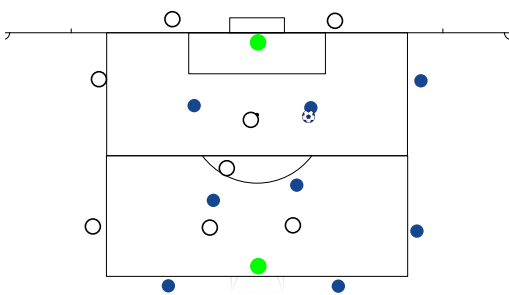
4 V 2, 2 TOUCH

Organization:

10x10 yard grid. Make a few grids to include all players including GKs. 4 attackers play keep away from 2 defenders.

Coaching Points:

First touch moves ball away from pressure. Let the pressure dictate where the ball is played. Encourage players off the ball to move for support. Ask players to become more deceptive in their pass. Find positive comments.



4 V 4 BOX ON BOX W/ BUMPERS

Time: 40 min.

COACHING POINTS:

Coach over the play as much as possible. Preparation to shoot. First touch away from pressure. Allow the players to have some fun, be very positive. Find good things in their play. Become a fan!



RULES

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