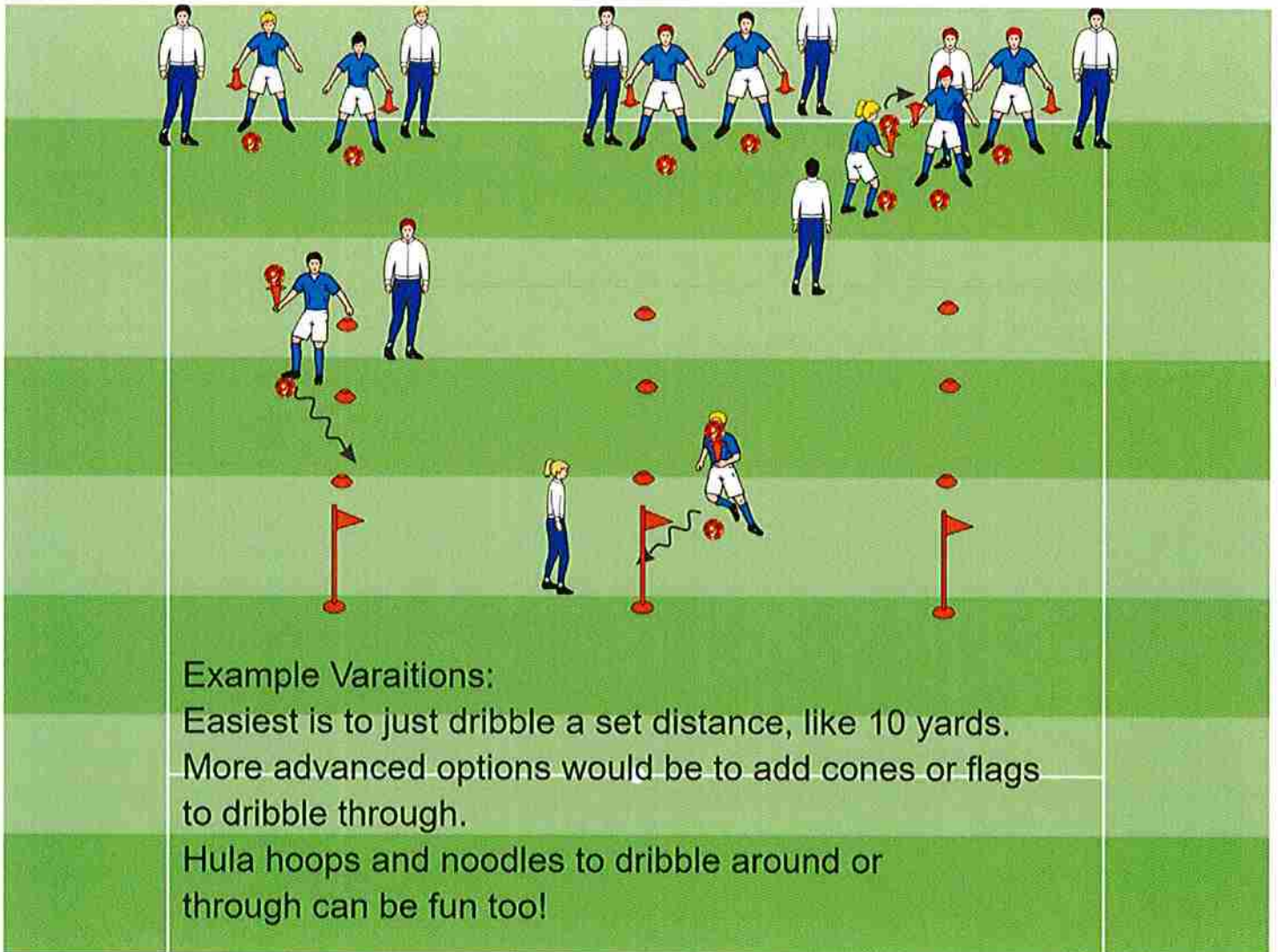
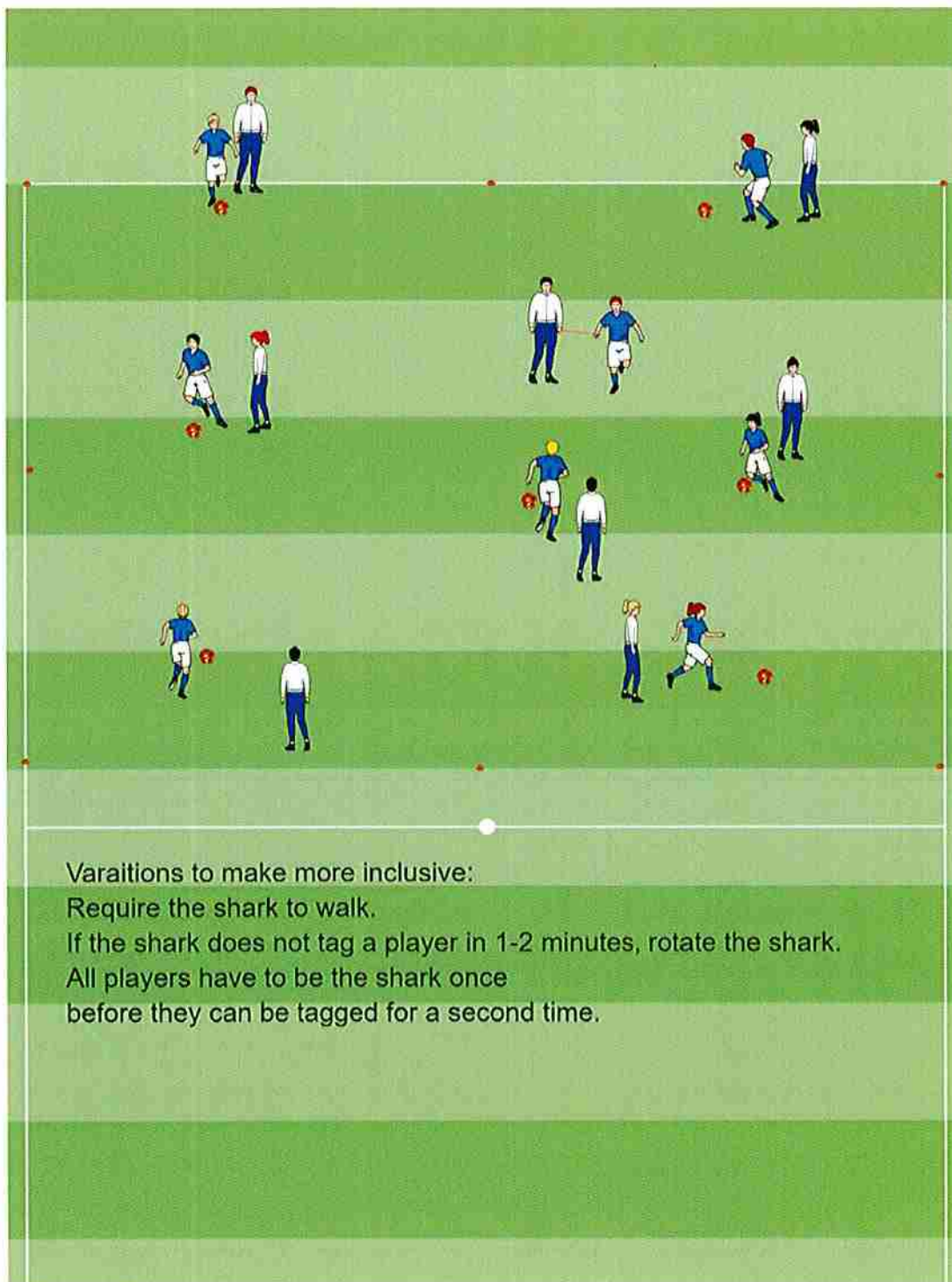


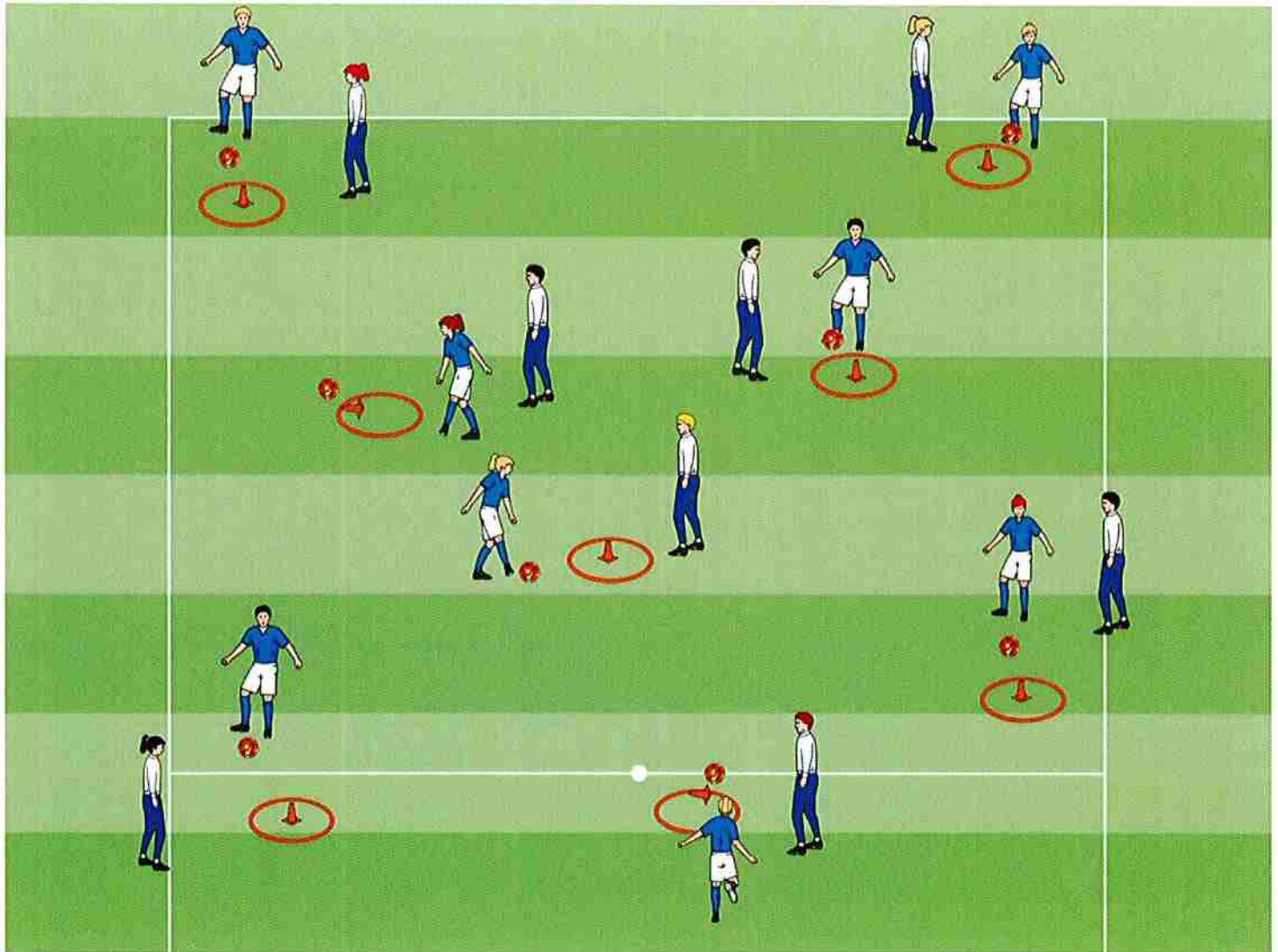
NOTES: This is a fun game for all ages and all abilities! The buddies and coach use a training penny as a fox tail by hanging it off the side of their pants. Depending on the physical abilities of your players, the "foxes" can walk or jog around the grid with the players. The players use their dribbling skills as they try to grab a fox tail. They must have their ball close by, within reason, when they grab a tail. This game can be used for a fun warm up as well without the ball. Depending on the mobility and ability of your players, you can switch it up and have the players have a turn at being the foxes too! To ensure all players get a chance to get a tail, give each buddy/coach 3-5 tails at the start of the drill. They should only have one tail in play at a time.



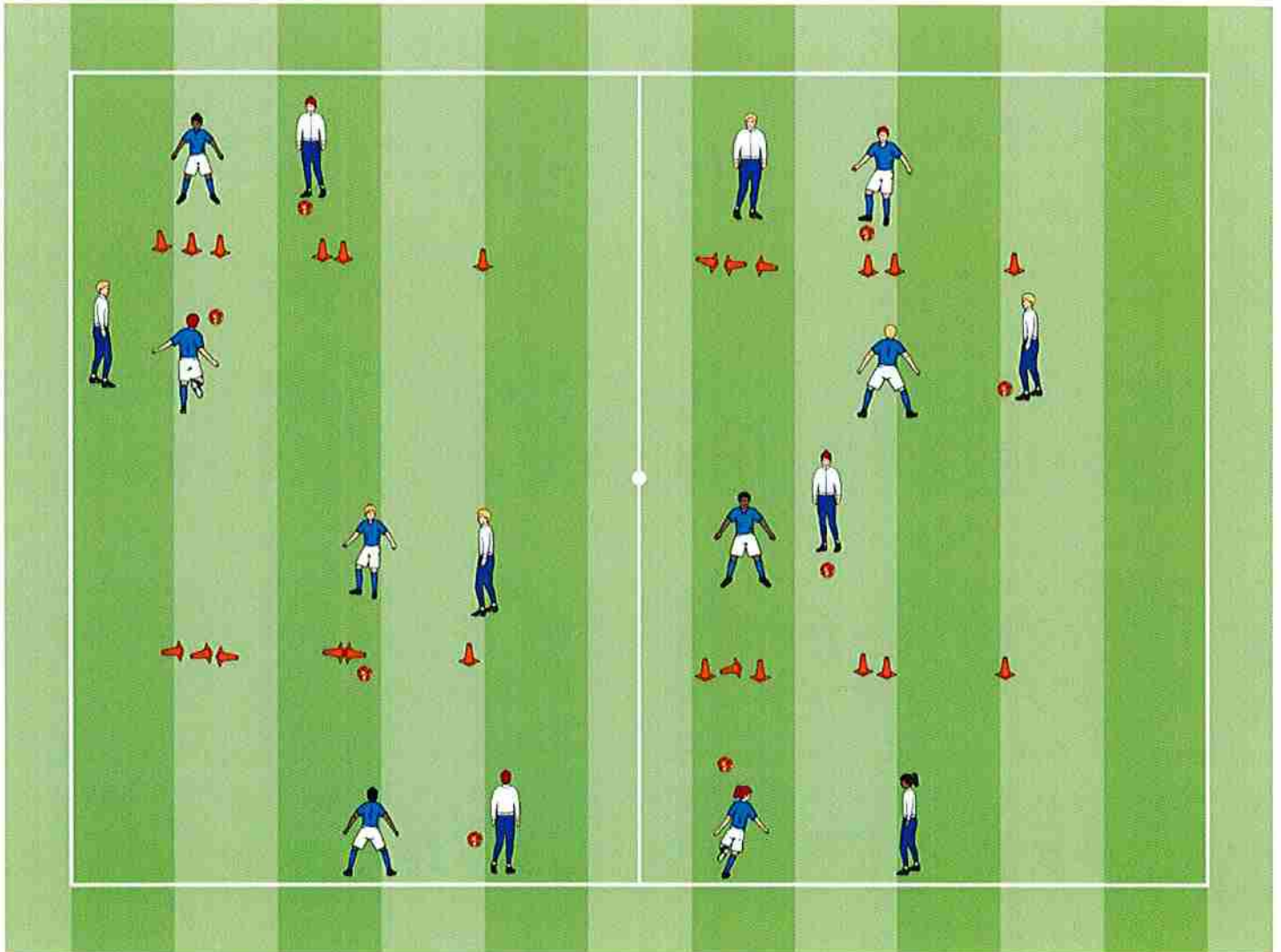
NOTES: Divide your team into groups of 3 or 4 players. Every player in each group has a ball at their feet and a tall cone (ice cream cone). The first person in line makes their ice cream cone by putting an extra ball on top. While maintaining the ball on top of the cone, the player dribbles through the course. Once the player gets back to the starting point, they try to pass off the ice cream (ball) to the next player's cone. Depending on the mobility/ability of your players there are endless variations you could make for your relay course (see above). The buddies are there to keep the player on task, going in the right direction, and of course cheering them on! If you have an athlete who uses a walker or manual wheelchair, either have their buddy hold their ice cream cone or gently help push their walker or wheelchair.



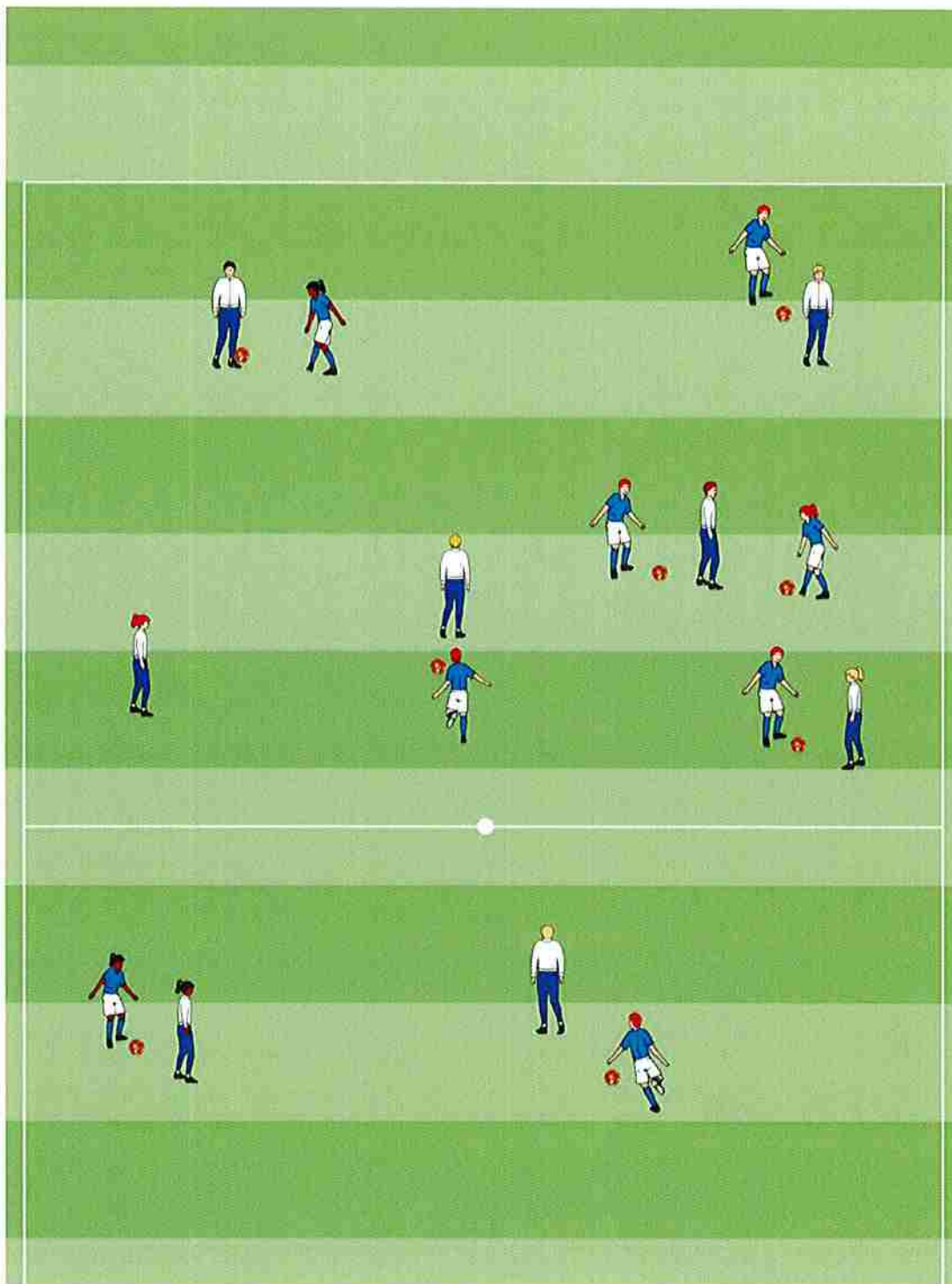
NOTES: This dribbling game is fun for all levels and ages. Lay out a grid large enough to accommodate all your players/buddies and their mobility. The Coach begins the game by picking one player and buddy to be the two headed shark. They both hold onto the ends of a training penny. The two headed shark, always linked by the training penny, try to tag another player. If the two headed shark tags another player, that player and his or her buddy becomes the two headed shark. All players, except when they are the two headed shark, have a ball and are dribbling around the grid trying to avoid the two headed shark. Depending on the mobility and speed of your players, there are ways to slow down the shark and make this game inclusive for all levels (see above).



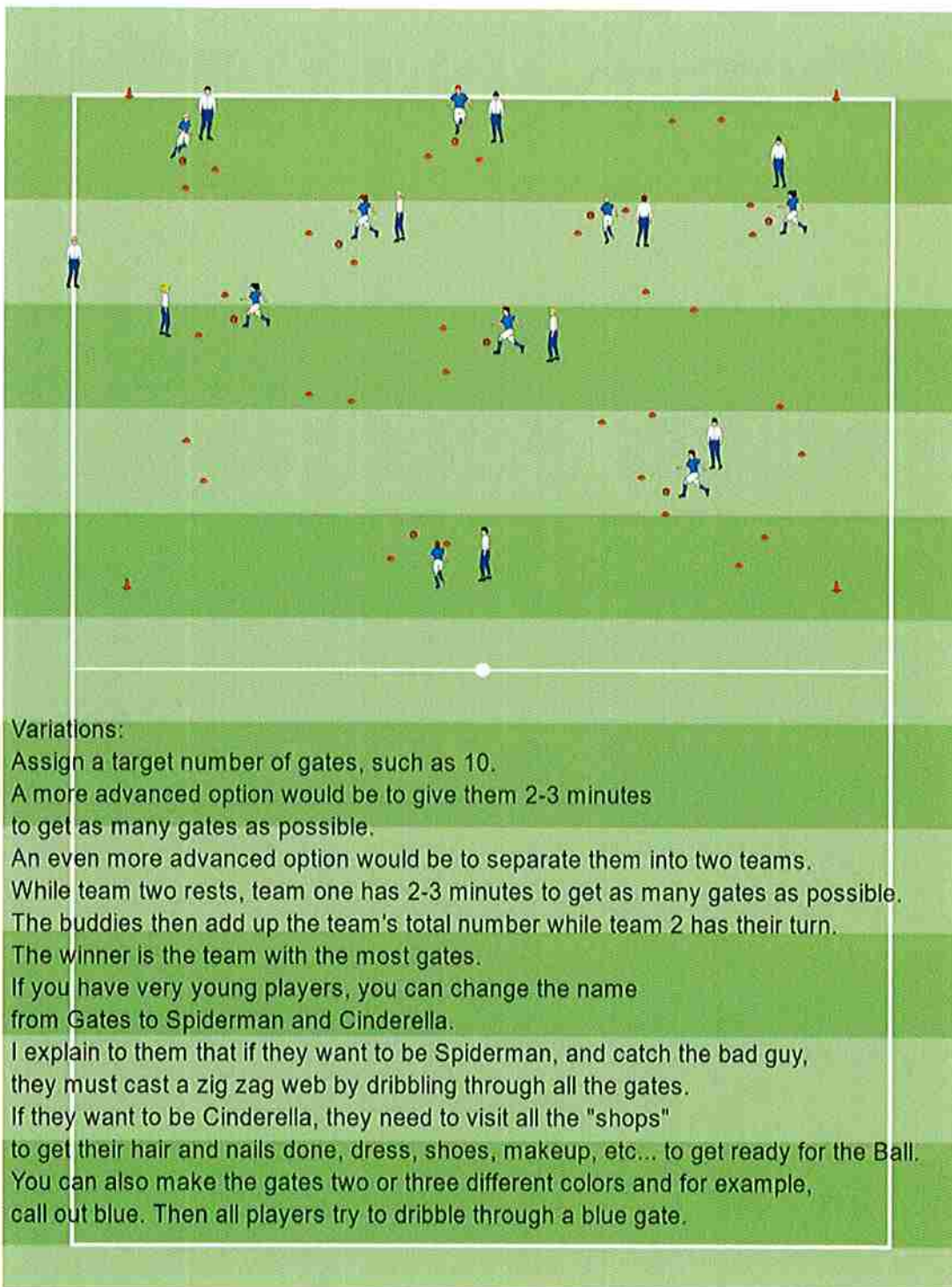
NOTES: This is simple yet an absolute favorite game for all my Tops teams. It is fun for any level and age. You need lots of hula hoops; I would recommend at least 8-12. You also need just as many tall cones. Players dribble to a hula hoop and try to pass the ball into the hoop so that they knock down the cone. When they are successful, they say "Jackpot", and then move to a new hula hoop. To keep the activity moving, either have the buddy reset the tall cone before moving to a new hoop, or the coach can jog around and reset the tall cones.



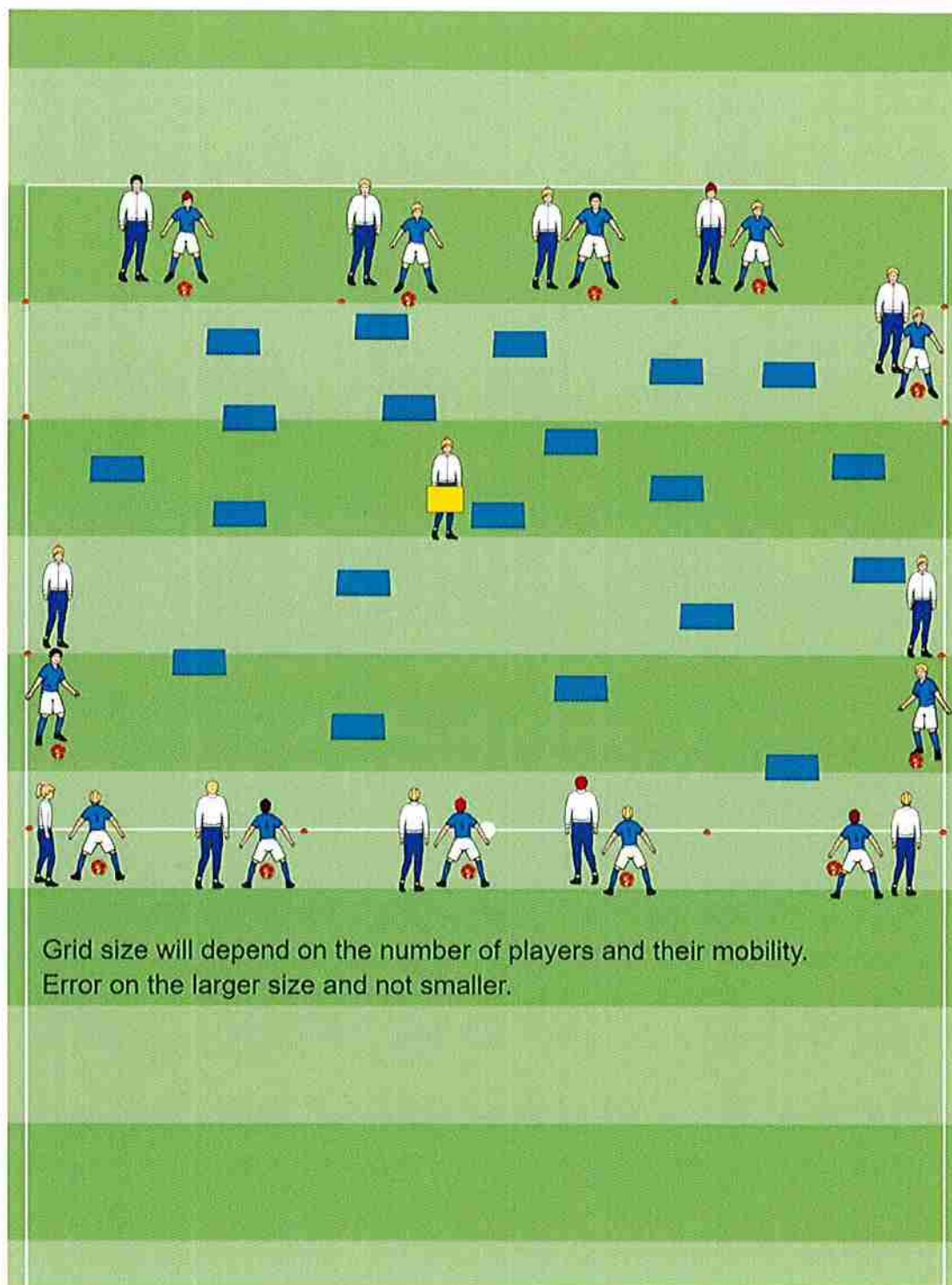
NOTES: This is an easy game on all fronts! Just put your players in groups of two. Each group has six tall cones set up as shown above. Depending on ability, they can be as close or as far away as they want. The further they are from the target the more difficult the drill becomes. Have one player on each side of the tall cones. Each player takes turns trying to knock down the line of three cones. Once that is done, they move to the set of two, and then finally the single cone. The two players work as a team and once all cones are down, they win! If you have more of a competitive atmosphere at your practices, you can see who gets first, second, and third!



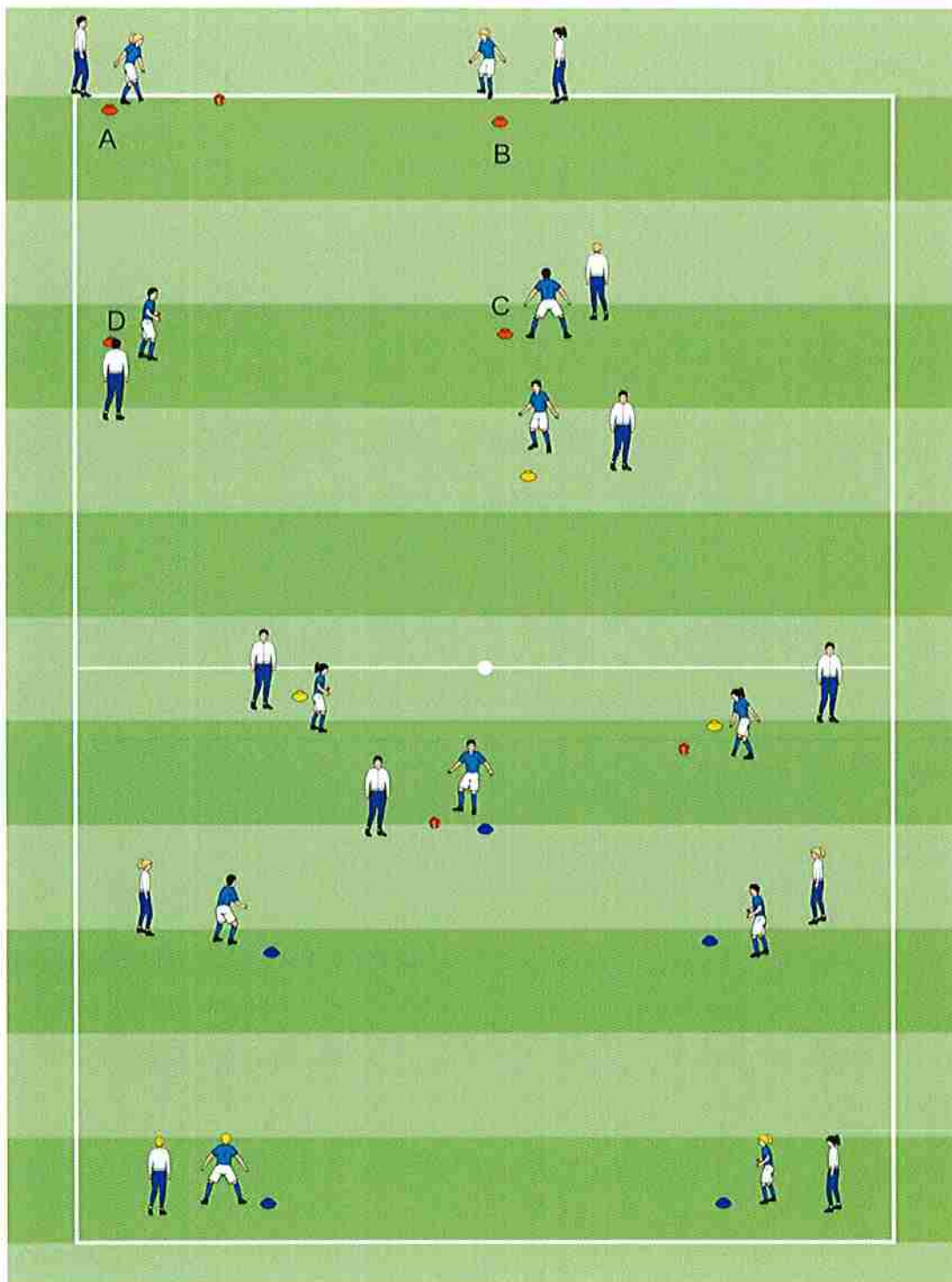
NOTES: This passing game never gets old! This game is fun for any age and ability. A grid is not really necessary because the buddies and coach are the targets. The players try to pass their ball and hit any of the buddies or the coach on their lower legs. When the player is successful, the buddy or coach must yell "Ouch!" Depending on the player's ability/mobility, the buddies and coach can walk or jog.



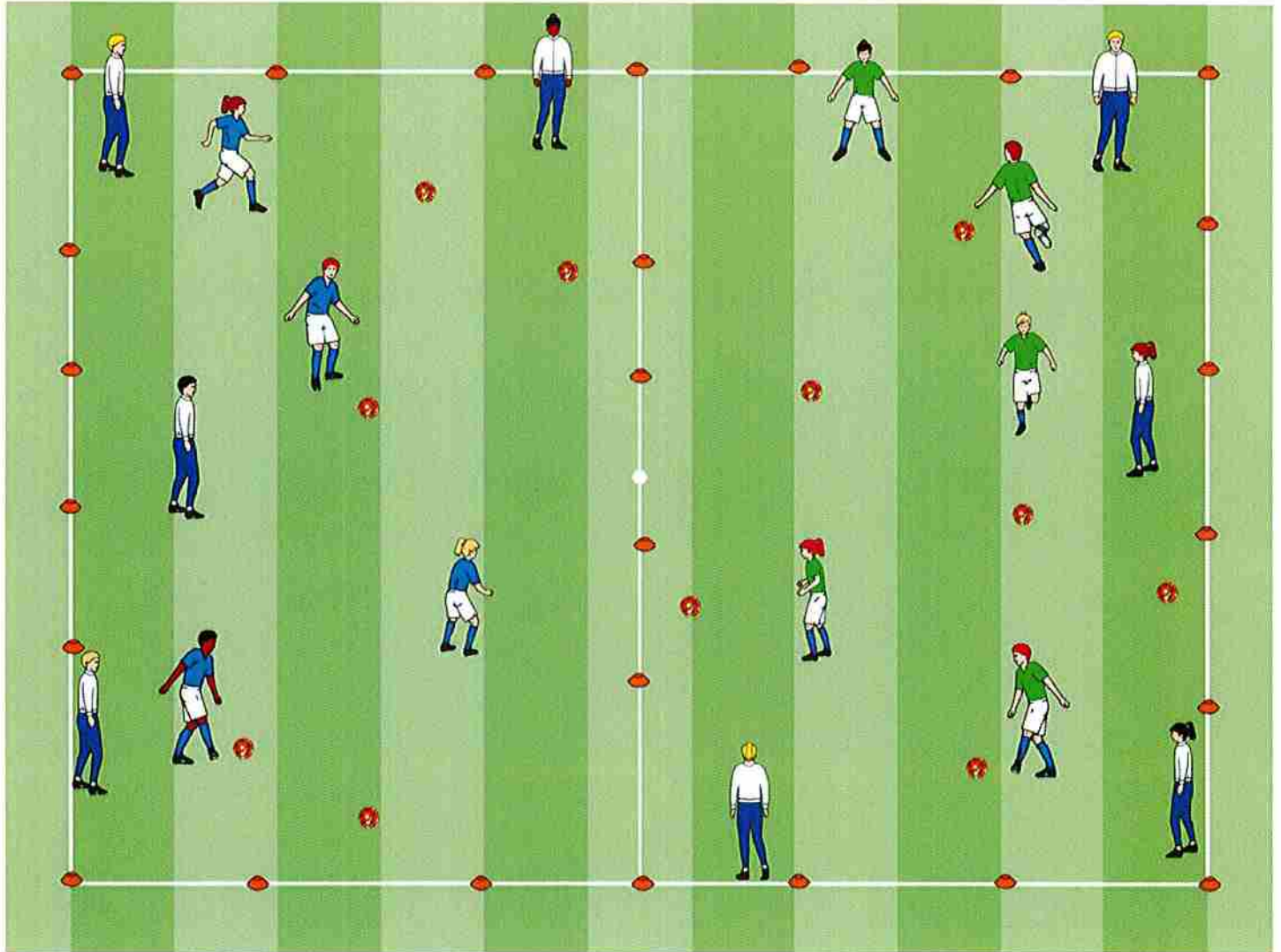
NOTES: This is a fun and simple activity that can be adjusted in several ways to include players of all abilities and ages. Using flat cones create a grid large enough to accommodate around 15-20 small goals (gates). The player with the encouragement of their buddy, tries to dribble through each gate. Stress to the players to keep their heads up and try not to look at their feet. Have the buddy help their player by encouraging them to look for open gates and to dribble through. Depending on the level and mobility of your team, this drill can be run in many ways (some variations are listed above). Use your imagination and have fun!



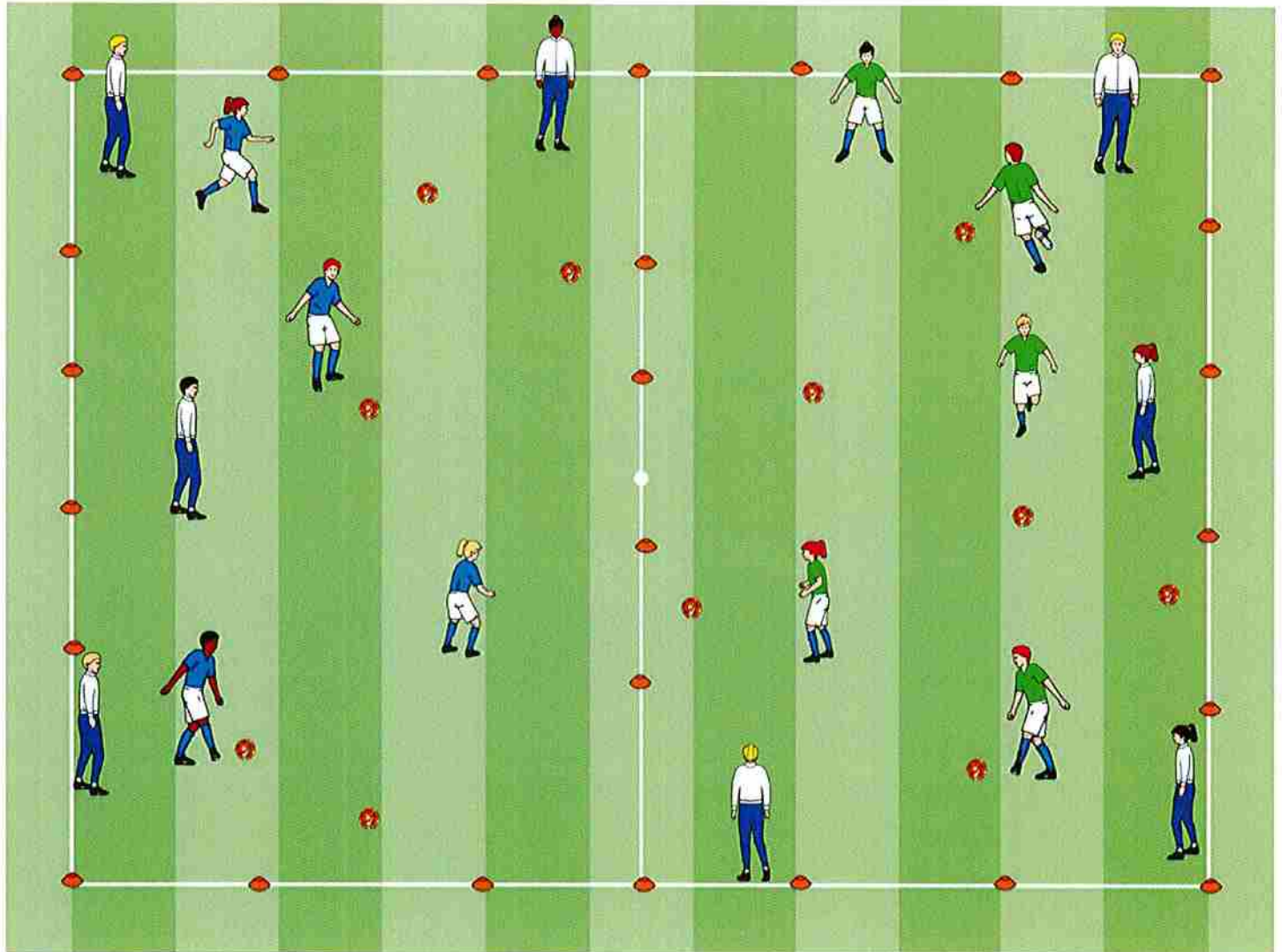
NOTES: This is a fun game for all ages and abilities. Spread as many training pennies as possible all over the grid (if you do not have 20-30 pennies, old hand towels or t-shirts work too). All players with their buddies begin outside of the grid. The coach, who is the Laundry Lady/Guy, starts in the center of the grid and has a laundry basket. The player with the help and encouragement of their buddy, dribbles to a penny in the grid and picks it up. While still dribbling their ball, the player takes the penny to the coach to put into the laundry basket. The coach, i.e. Laundry Lady/Guy, can move toward or away from the player depending on the players abilities. Instruct players and buddies that only one penny can be pick up at a time and must be in the laundry basket before picking up another one.



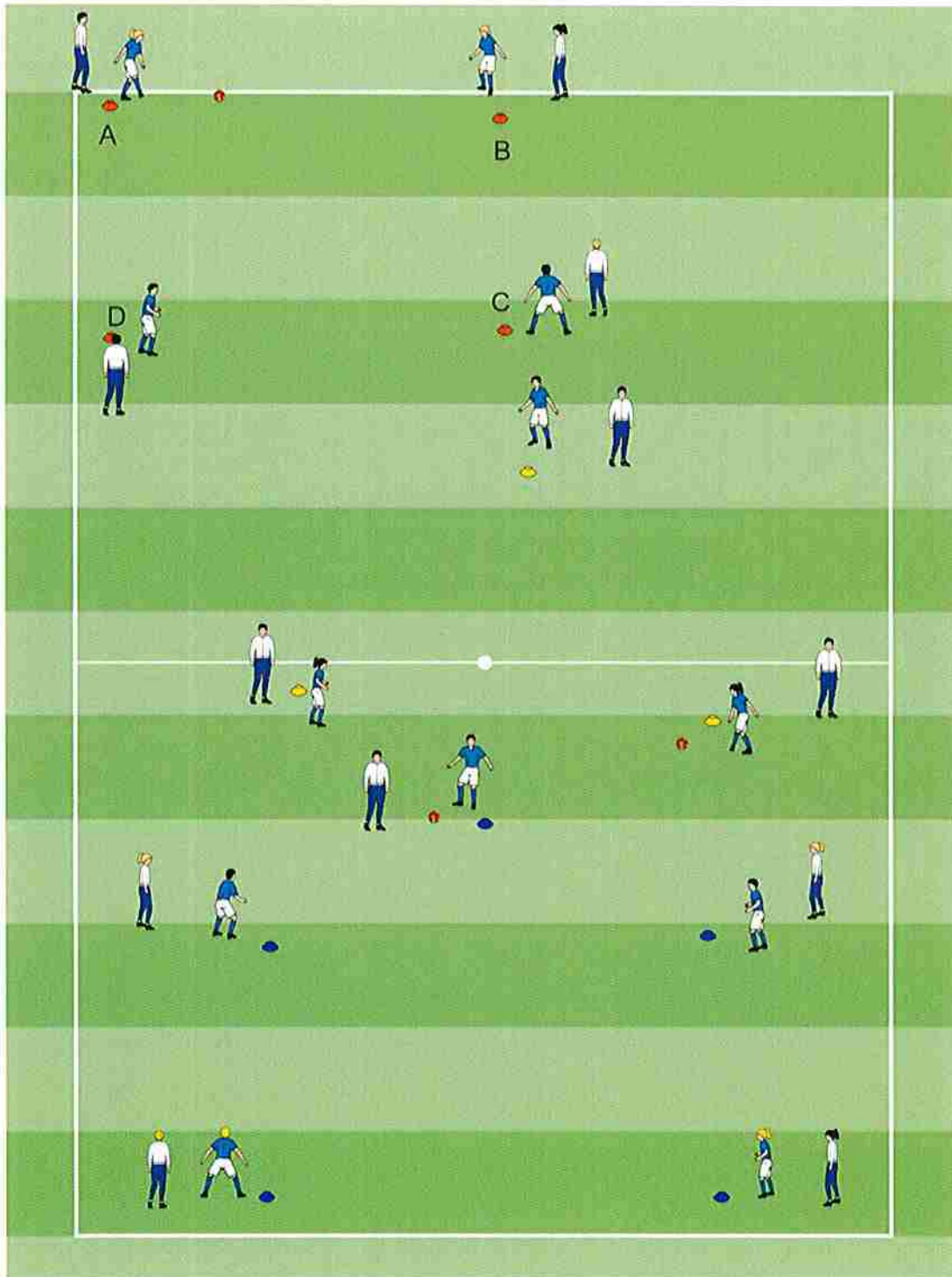
NOTES: This is a wonderful activity to work on passing and receiving. It also requires some teamwork! This can be run in groups of 3, 4, or 5. Groups of 3 or 4 tend to work better for athletes who struggle with attention span. For illustration purposes, I gave an example of each. The drill begins with player A passing to player B. Then, player B passes to player C etc... until the ball gets around the house and back to player A. This game can be played for number of times around the house, such as 6, 8 or 10. It can also be run for a set amount of time, like 2-3 minutes. I usually run this drill twice and the second time, I have the players switch the direction. Buddies should remain close by and help guide and direct their player's attention, and to remind them who they are passing to next. If your team is competitive, you could also have each group race to see who can get their ball around the house the most or the first to complete a set number of times around the house.



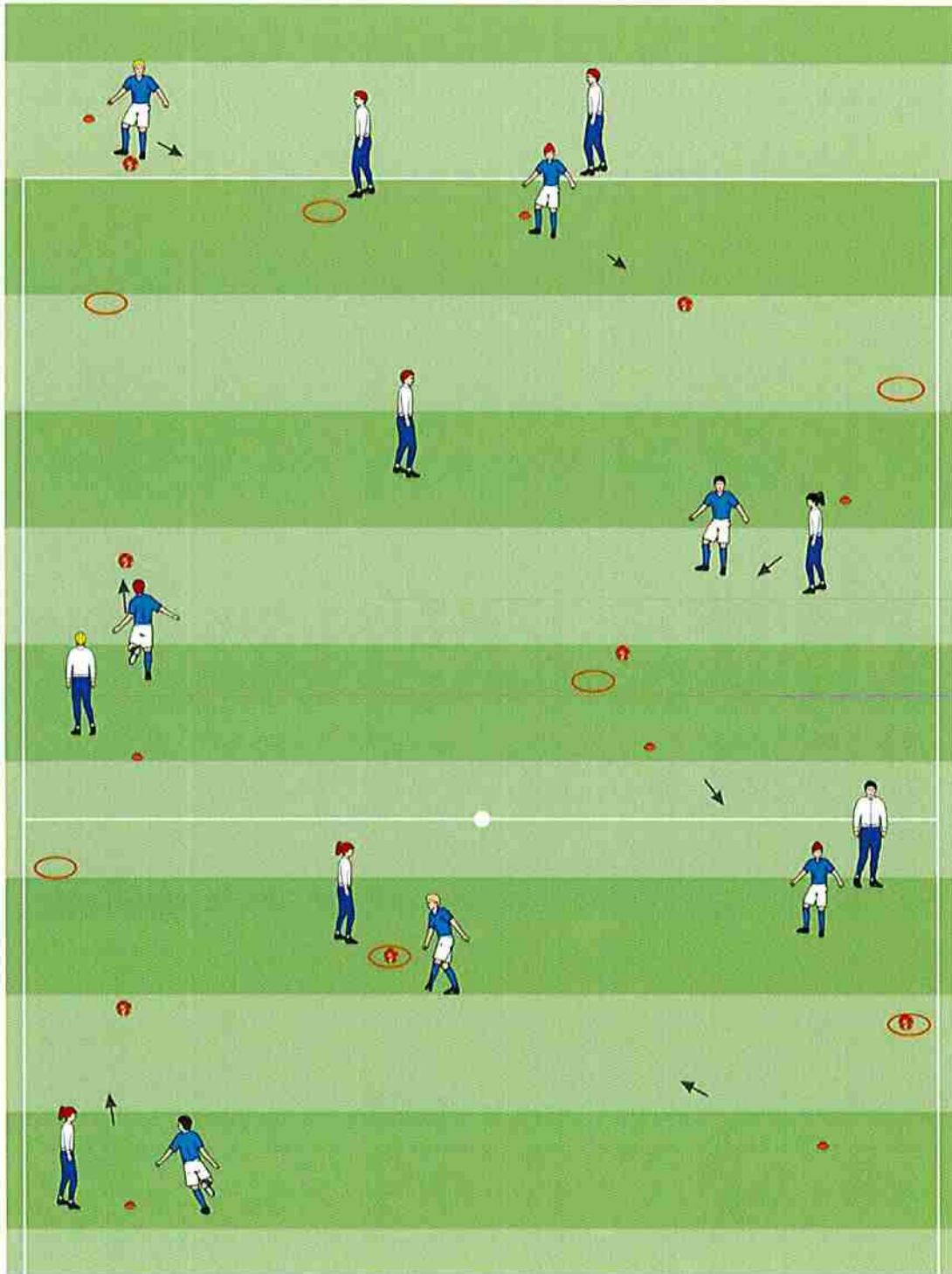
NOTES: This is a simple and fun activity that is appropriate for all abilities and ages. Divide your team into two groups. Create a grid that has two "yards" separated by a line of flat cones. Every player in each group has a ball to begin with and if you have extra balls distribute them equally in each yard. The object is to pass the ball into the other team's yard. Be sure to explain that they need to keep the ball on the ground, so stress passing with the inside of the foot. Also, they can only be in their yard and cannot cross the line. The object is to keep their yard clean, by passing all the balls into the other team's yard. This drill can be played for a set time, for example 5-8 minutes. To make it more competitive, tell the teams that when you say "stop" the team that has the fewest balls in their yard wins!



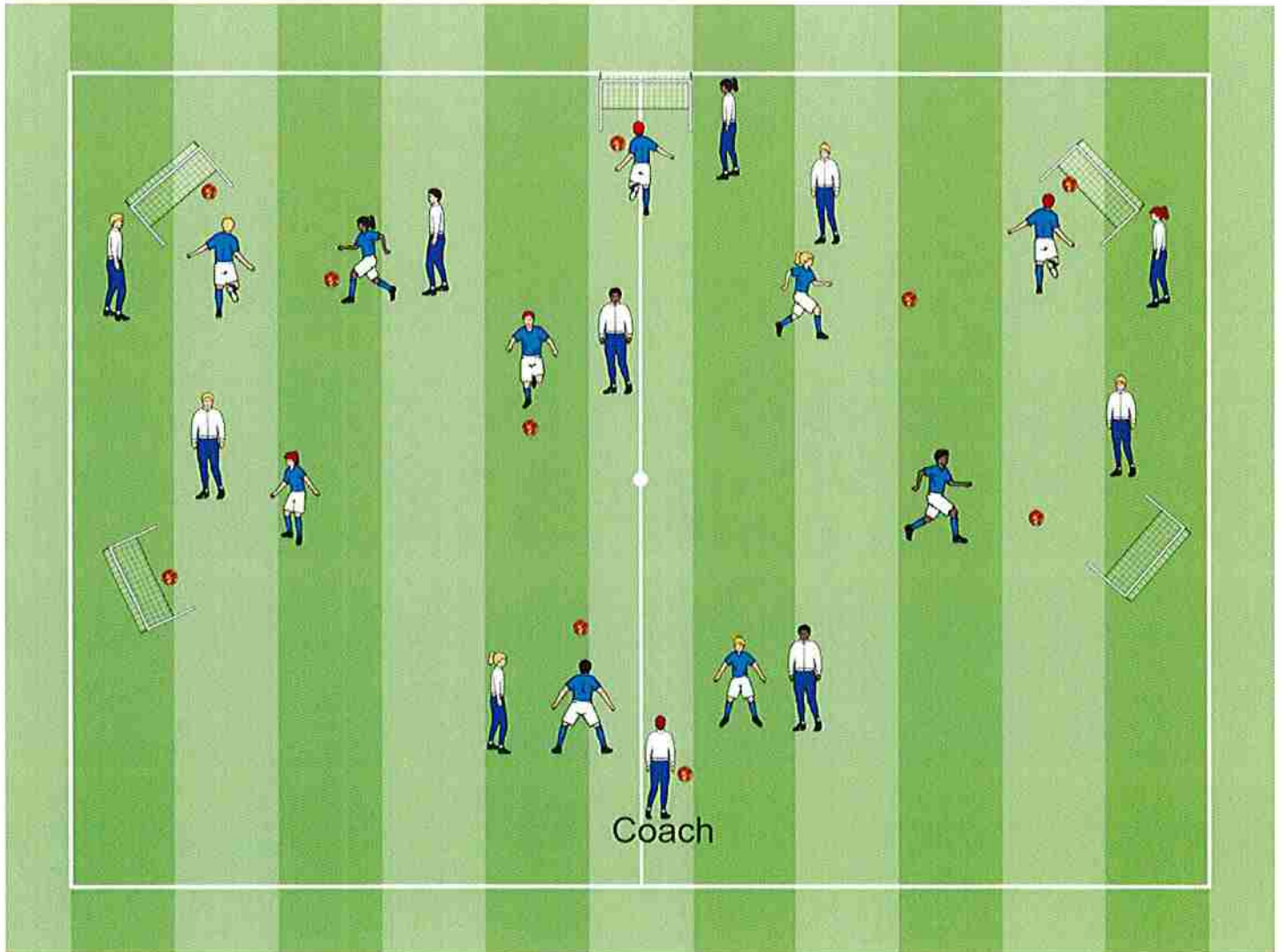
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NOTES: Using the same rules to keep score as in golf, your player with the encouragement and guidance of their buddy, try to go through each "hole" with as few passes as possible. Depending on the ability/mobility of your players, your course can be 6, 12, or a full 18 holes. You can be as creative as you want with each hole. Above for illustration purposes, I have used hula hoops for the "hole", and the starting point for each hole is marked with a flat cone. The player begins the hole at the flat cone and tries to pass the ball so that it lands in the hula hoop. I vary the distance between the starting marker and hole, such as 8, 10, 12, and 15 yards apart. I have also used croquet hoops (extra-large) or tall cones for the hole.



NOTES: This is a simple game that is appropriate for all ages and abilities. Set up a goal, with cones, flags, or pugs, for every two players as seen above. Thus, if you have 10 players, set up five goals. The player dribbles their ball to the coach, the coach tosses a ball toward a goal. The player tracks the ball down and dribbles until close enough to shoot and score. They retrieve their ball and dribble back to the coach for another turn. With the coach controlling the service, he/she can ensure that there are no more than one or two players going toward one goal at any given time.