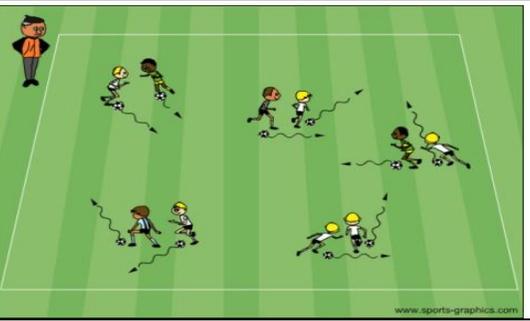
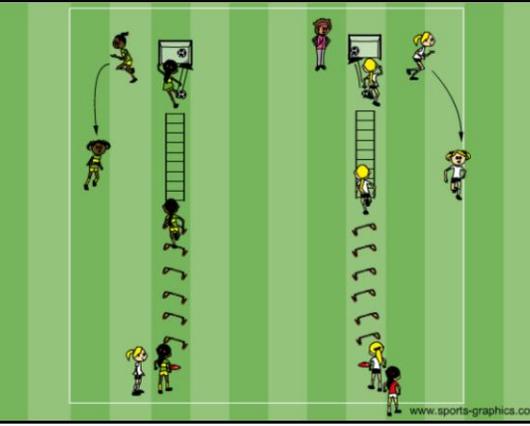


Activity 1	Activity Description	Time
	<p><u>Introduce Soccer Ready Position:</u> All players dribbling there soccer ball. When a coach says soccer ready position players must stop the ball and lightly put the sole of their foot on the soccer ball and look up at the coach.</p> <p>Coach: You will use the soccer ready position throughout the season when you want to explain a new activity to your players. This will get their attention.</p>	<p>8 minutes</p>
	<p><u>Soccer Tag:</u> All players dribbling a soccer ball will try to tag each other with their hands. Count how many players they can tag. Play for a couple of minutes, then ask how many tags.</p> <p>Coach: The ball must stay close to the players. They are not allowed to leave their ball and tag other players.</p>	<p>8 Minutes</p>
	<p><u>Red Light Green Light:</u> All players with a soccer ball start at one end of the practice field. The coach calls out a green light (dribble forward). Red light (stop). Yellow light (soccer ready position)</p> <p>Coach: Vary the commands. Be tricky and fun with this!</p>	<p>8 minutes</p>
	<p><u>Agility Course:</u> Set up 3-4 courses side by side depending on your numbers. Divide up your team into 3 or 4 even lines with no more than 3 per line. Players must complete the course and run back in line.</p> <p>Coach: Suggested course; run over 6 hurdles, agility ladder, shoot the ball in the pop up goal. You can have them run over the hurdles or thru the ladder different ways. (hop, hop on one foot, sideways)</p>	<p>8 minutes</p>
<p>Field Set up</p>	<p>Make 3 practice areas 20X20 yards using cones. Make sure there is a good distance in between each area. The agility course should be set up away from the 3 areas.</p>	