





<p><b>Play</b> -as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yrds X 20yrds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p><i>10 minutes</i></p>
<p><b>Activity 1</b></p>	<p><b>Activity Description</b></p>	<p><b>Coaching Considerations</b></p>
	<p><b><u>Throw Down:</u></b> Half the players (offense) are dribbling a soccer ball in a 20x25. The other half (defense) have the ball in their hand and attempt to throw the ball at the dribblers' ball to knock it away. 1 pt for offense if the defender misses. 1 pt for the defense if they hit the offenders ball.</p> <p><b>Coach:</b> Switch after a few minutes. Make sure they throw the ball at the ball and not the player.</p>	<ul style="list-style-type: none"> <li>• Challenge players to use different surfaces of foot</li> <li>• Players must dribble with their head up</li> <li>• Encourage the players to change speeds</li> </ul> <p><b>Time: 12 minutes</b></p>
<p><b>Activity 2</b></p>	<p><b>Activity Description</b></p>	<p><b>Coaching Considerations</b></p>
	<p><b><u>Egg Hunt</u></b> Half the players start at one end of the field and the other half make a nest for the eggs(balls) to go in. All the balls spread randomly inside the playing area (20X20). On the whistle the players not making the nest run and dribble/pass a ball into the nest.</p> <p><b>Coach</b> Time each group to see who gets the balls in the nest the quickest.</p>	<ul style="list-style-type: none"> <li>• Dribble under control with speed</li> <li>• Keep the head up</li> <li>• Passes on the ground into the nest</li> </ul> <p><b>Time: 12 minutes</b></p>
<p><b>Activity 3</b></p>	<p><b>Activity Description</b></p>	<p><b>Coaching Considerations</b></p>
	<p><b><u>Sharks and Minnows:</u></b> In a 20x25 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach say “GO” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> <li>• Keep ball close</li> <li>• Changing speed and direction</li> <li>• Running with the ball</li> <li>• Defending – 1v1</li> </ul> <p><b>Time: 12 minutes</b></p>
<p><b>PLAY</b></p>	<p><b>Activity Description</b></p>	<p><b>Coaching Considerations</b></p>
 <p>Call out name of player who scores a goal</p> <p>20X20 yards</p>	<p><b><u>Name Calling:</u></b> 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (20yrds X 20yrds).</p> <p><b>Coach:</b> Anytime a goal is scored everyone must call out that players name. If the ball goes out of bounds, the player kicking it in must call out a teammates.</p>	<ul style="list-style-type: none"> <li>• Learn your teammates names</li> <li>• Communicate</li> <li>• Look for your teammate</li> </ul> <p><b>Time: 20 minutes</b></p>