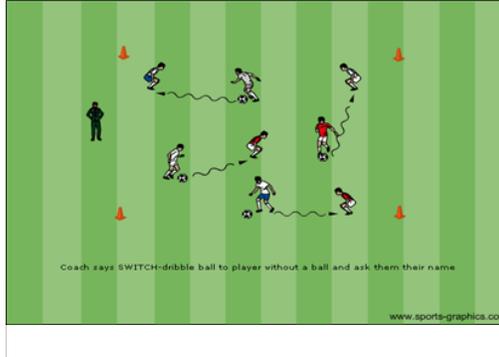
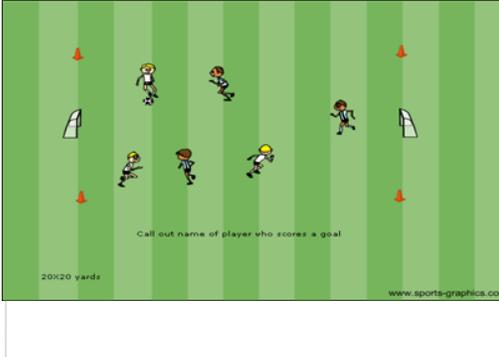


SKILL	Soccer ready position		
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 12 mins	<u>Simon Soccer</u> Set out 3 different color cones around the area in gates. Players need a ball each. Coach calls out a color of a gate and players have to dribble through that gate. As the game goes on coach calls out more than one color, players have to remember the order and go through the gates in that order.		Keep the colors simple and don't call more than 3 in sequence.
#2 12 mins	<u>Body Find Cone</u> Players dribbling a ball without hitting the cones. When a coach yells out a part of the body (elbow, knee) players must run to a cone and put that body part on the cone.		Call out various body parts. Players return to their ball and continue dribbling until they hear next body part.
#3 12 mins	<u>Name Game</u> Half of the players with a ball and half without. Players with the ball dribble inside the practice area. Players without the ball start by sitting down. Coach calls "switch" & players with the ball dribble to a player without the ball and exchange names and the ball.		Call switch every few seconds. Players without the ball can start on their stomachs, etc.
<u>PLAY</u> 20 mins	<u>Name Calling</u> 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (20yds X 20yds).		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.