|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** | **Activity Description** |  | **Time** |  |
|  | **Tag:** |  |  |  |
|  | All players dribbling a soccer ball will try to tag each other | |  |  |
|  | with their hands. Players cannot abandon their own ball to | |  |  |
|  | tag. |  | ***6*** |  |
|  | **Coach:** Have players keep count of their own tags. If | | ***minutes*** |  |
|  |  |  |
|  | playing more than one game, have players improve their | |  |  |
|  | tags by 1, 2 or 3 more than before. |  |  |  |
|  |  |  |  |  |
| **Activity 2** | **Activity Description** |  | **Time** |  |
|  | **Hospital Tag:** |  |  |  |
|  | All players dribbling a soccer ball will try to tag each other | |  |  |
|  | with their hands. Once a player is tagged he/she must cover | |  |  |
|  | the tagged (injured) spot with one hand, second tag use the | | ***6*** |  |
|  | other hand, third tag the player must go to the hospital to see | |  |
|  | ***minutes*** |  |
|  | the doctor and cure him/her. |  |  |
|  |  |  |  |
|  | **Coach:** Acts as the“doctor” and heals the dribblers so they | |  |  |
|  | can keep involved in the activity. |  |  |  |
|  |  |  |  |  |
|  |  |  | **Time** |  |
|  | **Cross Over Dribbling:** |  |  |  |
|  | All players with a ball standing around the perimeter of a | |  |  |
|  | 15x20 yard grid. When the coach says **“GO”** the players | |  |  |
|  | will try to dribble to the other side of the grid. When they | |  |  |
|  | reach the other side, the players turn and dribble back to | | ***6*** |  |
|  | their spots. |  |  |
|  |  | ***minutes*** |  |
|  |  |  |  |
|  | **Variation 2:** Have then reach the other side and return to | |  |  |
|  | another spot. |  |  |  |
|  | **Variation 3:** Time the activity and see how many times | |  |  |
|  | the players cross over in 30 seconds or a minute. | |  |  |
| **Activity 4** | **Activity Description** |  | **Time** |  |
|  | **Get “Outta” There:** |  |  |  |
|  | The players are divided into two teams, and positioned at | |  |  |
|  | either side of the coach with multiple soccer balls outside a | |  |  |
|  | 10x15 yard grid with two small goals on each end line. The | |  |  |
|  | coach serves a ball into the grid and the players try to gain | | ***6*** |  |
|  | possession and score on their opponent. | If a goal is scored |  |
|  | ***minutes*** |  |
|  | or the soccer ball goes out of bounds, the coach yells “Get | |  |
|  |  |  |
|  | outta here”. |  |  |  |
|  | **Coach:** Can make the games 1v1, 2v2 or 3v3. They should | |  |  |
|  | vary the service. |  |  |  |
| **Scrimmage** | **Activity Description** |  | **Time** |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team practicing | | **25 minutes** |  |
| next to you | |  |
|  |  |  |
|  |  |  |  |  |

