|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** | **Time** |  |
|  | **Free Dribble:** |  |  |  |
|  | All players are dribbling a soccer ball in a 15x20 yard grid | |  |  |
|  | using their inside, outside, and the sole of their foot. | |  |  |
|  | **Coach:** Have players change direction and accelerate away. | | ***6*** |  |
|  | Have players demonstrate a move and accelerate away. | | ***minutes*** |  |
|  | **Version 2:** Coach can put pressure on players dribbling. | |  |  |
|  | **Version 3:** Players can dribble at each other and perform a | |  |  |
|  | move and accelerate away. | |  |  |
|  |  |  |  |  |
| **Activity 2** |  | **Activity Description** | **Time** |  |
|  | **Hit the Dirt:** |  |  |  |
|  | All players are dribbling in a 15x20 yard grid. When the | |  |  |
|  | coach says **“Hit the Dirt”**, the players must stop the ball | | ***6*** |  |
|  | and lie on his/her chest on the ground. When the coach says | |  |
|  | ***minutes*** |  |
|  | **“Up”** each player gets up and dribbles again. | |  |
|  |  |  |
|  | **Variation 2:** When the coach says **“Hit the Dirt”**, the | |  |  |
|  | players hit the ground and jump up again. | |  |  |
|  |  |  |  |  |
| **Activity 3** |  | **Activity Description** | **Time** |  |
|  | **Snake:** |  |  |  |
|  | All players are dribbling a soccer ball in a 15x20 yard grid | |  |  |
|  | with the exception of at least 2 players. The 2 players hold | |  |  |
|  | hands or lock | arms to create a snake. The snake works | ***6*** |  |
|  | together to tag the dribbling players who then become a part | |  |
|  | ***minutes*** |  |
|  | of the snake. The snake must try to stay connected and not | |  |
|  |  |  |
|  | break into little parts. | |  |  |
|  | **Coach:** Encourage the snake players to hiss. | |  |  |
|  |  |  |  |  |
| **Activity 4** |  | **Activity Description** | **Time** |  |
|  | **Freeze Tag:** |  |  |  |
|  | All players are dribbling a soccer ball in a 15x20 yard grid. | |  |  |
|  | 1-2 players dribble a soccer ball, but they are the freeze | |  |  |
|  | monsters. The freeze monsters tag other players who then | |  |  |
|  | freeze with the soccer ball above their head. The activity | |  |  |
|  | ends when all players are frozen. | | ***6*** |  |
|  | **Coaches:** One coach may be the freeze monster while | | ***minutes*** |  |
|  |  |  |
|  | another is unfreezing players. | |  |  |
|  | **Version 2:** Players can unfreeze each other by tagging them. | |  |  |
|  | **Version 3:** Players can unfreeze each other by kicking the | |  |  |
|  | ball through their legs. | |  |  |
| **Scrimmage** |  | **Activity Description** | **Time** |  |
| **3v3 or 4v4** | 3v3 in your practice area or 4v4 against team practicing | | **25 minutes** |  |
| Next to you | |  |
|  |  |  |
|  |  |  |  |  |

