|  |  |  |  |
| --- | --- | --- | --- |
| **Activity 1** | **Activity Description** | **Time** |  |
|  | **Paint the Field:** |  |  |  |
|  | All players will dribble their soccer ball in a 15x20 yard grid |  |  |
|  | pretending that it is a paintbrush and wherever it rolls it is | ***6*** |  |
|  | painting the field. The players will try to paint as much of |  |
|  | ***minutes*** |  |
|  | the area as possible in the time allotted. |  |
|  |  |  |
|  | **Variation 2:** Ask the players to dribble their favorite foot |  |  |
|  | and then dribble with your other foot. |  |  |
|  |  |  |  |
| **Activity 2** | **Activity Description** | **Time** |  |
|  | **Kangaroo Jack:** |  |  |  |
|  | In a 15x20 yard grid, two or three players are the kangaroos | ***6*** |  |
|  | and the other players are dribbling. The kangaroos are trying |  |
|  | ***minutes*** |  |
|  | to tag the dribblers. Once a dribbler is tagged, he/she turns |  |
|  |  |  |
|  | into a kangaroo. |  |  |  |
|  |  |  |  |
| **Activity 3** | **Activity Description** | **Time** |  |
|  | **Crab Soccer:** |  |  |  |
|  | Have 3-4 players without soccer balls inside a 15x 20 yard |  |  |
|  | grid acting as crabs. These crabs are standing upright. The |  |  |
|  | other players start anywhere in the grid and when the coach | ***6*** |  |
|  | says **“GO”** they dribble their soccer balls around, avoiding | ***minutes*** |  |
|  | the crabs. The crabs try to kick the balls out of the grid. If a |  |  |
|  | dribbler’s ball goes out of the grid, that player becomes a |  |  |
|  | crab as well. Play until all players turn into crabs. |  |  |
|  |  |  |  |
| **Activity 4** | **Activity Description** | **Time** |  |
|  | **Ball Tag:** |  |  |  |
|  | All players are dribbling a soccer ball in a 15x20 yard grid. |  |  |
|  | The players try to hit another player’s feet or soccer ball |  |  |
|  | with their soccer ball. | Players should keep count of how | ***6*** |  |
|  | many times they tag another player. |  |
|  | ***minutes*** |  |
|  |  |  |  |
|  | **Version 2:** If the players tag the coach, they are awarded 10 |  |  |
|  | or 20 points. If the players tag other selected players, they |  |  |
|  | are awarded 50 or 100 points. |  |  |
|  |  |  |  |
| **Scrimmage** | **Activity Description** | **Time** |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team practicing | **25 minutes** |  |
| Next to you |  |
|  |  |  |
|  |  |  |  |  |



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