|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** | **Time** |  |
|  | **Paint the Field:** |  |  |  |
|  | All players will dribble their soccer ball in a 15x20 yard grid |  |  |
|  | pretending that 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** |  |
|  | **Red Light/Green Light:** |  |  |
|  | All players are dribbling freely in a 15x20 yard grid. When |  |  |
|  | the coach says **“red light”** the players must stop and put |  |  |
|  | their foot on the ball. When the coach says **“yellow light”** |  |  |
|  | the players must dribble slowly, and when the coach says |  |  |
|  | **“green light”** the players must dribble fast | ***6*** |  |
|  | **Coach:** Control the frequency of light changes. | ***minutes*** |  |
|  |  |  |
|  | **Variation 2:** Add other light colors and actions (i.e.: |  |  |
|  | **“purple light”** = hop back and forth over the ball, **“orange** |  |  |
|  | **light”** = run around the ball, **“black light”** = dance, and |  |  |
|  | **“blue light”** = hide behind the ball. |  |  |
| **Activity 3** |  | **Activity Description** | **Time** |  |
|  | **Sharks and Minnows:** |  |  |
|  | In a 15x20 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 | ***6*** |  |
|  | to the other end of the grid and the sharks are trying to kick |  |
|  | ***minutes*** |  |
|  | 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. |  |  |
| **Activity 4** |  | **Activity Description** | **Time** |  |
|  | **Capture the Balls:** |  |  |
|  | Players should be divided into equal teams to play in a grid |  |  |
|  | with each team’s home in the corners. Soccer balls are in the |  |  |
|  | middle of the grid with all players starting inside their home |  |  |
|  | bases. On the coach’s command, the players each get one | ***6*** |  |
|  | ball. They try to | dribble or pass it into their home base. |  |
|  | ***minutes*** |  |
|  | Players can steal soccer balls from their opponent’s home |  |
|  |  |  |
|  | bases. |  |  |  |
|  | **Coach:** Call time and each team counts the balls they have |  |  |
|  | collected. |  |  |  |
| **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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