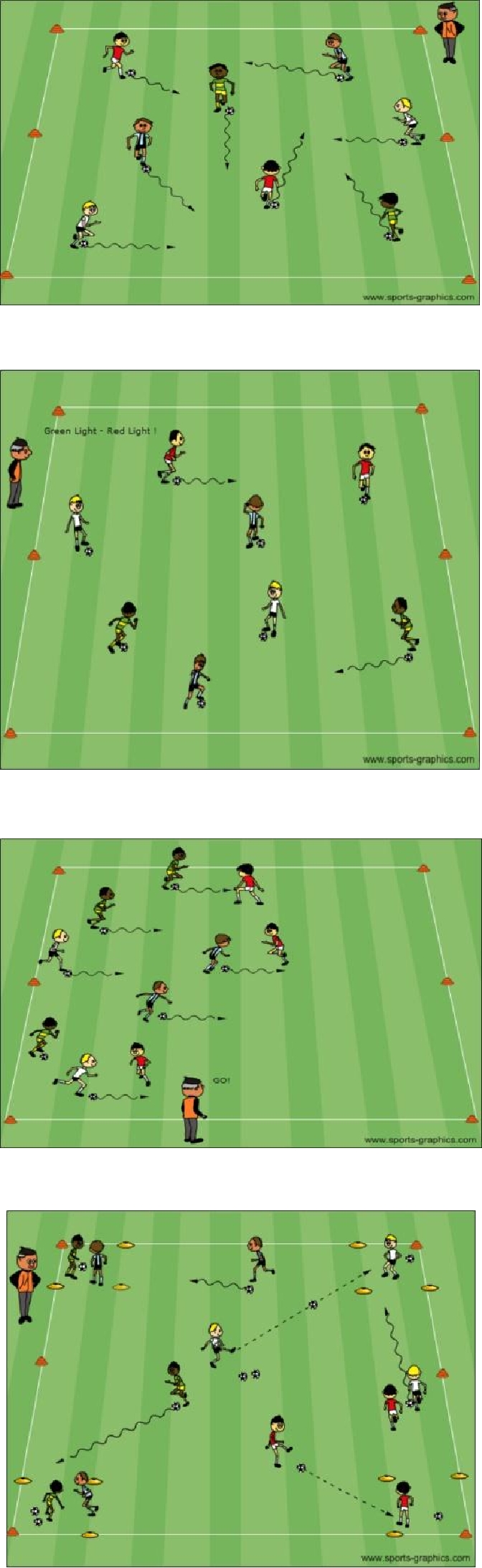
|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** | **Time** |  |
|  | **Paint the Field:** |  |  |  |
|  | All players will dribble their soccer ball in a 15x20 yard grid | |  |  |
|  | pretending that is | a paintbrush and wherever it rolls it is | ***6*** |  |
|  | 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 | |  |
|  |  |  |
|  |  |  |  |  |



[PDF to Word](http://pdfonline.blogspot.com)