|  |  |  |  |
| --- | --- | --- | --- |
| **Activity 1** | **Activity Description** | **Time** |  |
|  | **Juggling:** |  |  |  |
|  | All players with a soccer ball in their hands drop the ball |  |  |
|  | down and try to kick it back up to their hands. Players will |  |  |
|  | try to use their thighs and feet to keep the ball in the air. | ***6*** |  |
|  |  |  |  |
|  | **Coach:** Have the players count how many times they touch | ***minutes*** |  |
|  | the ball before it hits the ground. |  |  |
|  | **Version 2:** Controlled juggling - Thigh, foot, catch. Thigh, |  |  |
|  | thigh, foot, catch. Thigh, thigh, foot, foot, catch. |  |  |
|  |  |  |  |
| **Activity 2** | **Activity Description** | **Time** |  |
|  | **Body Part Dribble:** |  |  |  |
|  | All players dribbling a soccer ball. The coach calls out a |  |  |
|  | body part (elbow! - knee!) and the players then touch their |  |  |
|  | ball with that part of the body. | ***6*** |  |
|  |  |  |  |
|  | **Coach:** Should vary the body parts, number of body parts he | ***minutes*** |  |
|  |  |  |
|  | calls out, and rate at which he calls them out. |  |  |
|  |  |  |  |
| **of Activity 3** | **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. |  |  |
|  |  |  |  |
| **Activity 4** | **Activity Description** | **Time** |  |
|  | **Cops and Robbers:** |  |  |  |
|  | The coach sets up 8-10 stand up (tall) cones in a 15x20 yard |  |  |
|  | grid. Robbers will strike the ball and try to knock the cones |  |  |
|  | (the banks) down. The cops (2 or 3 players) are without |  |  |
|  | soccer balls and are trying to stand all the cones back up | ***6*** |  |
|  | before all the banks are robbed. Rotate the cops and the |  |
|  | ***minutes*** |  |
|  | robbers. |  |  |
|  |  |  |  |
|  | **Variation 2:** If you do not have tall cones, divide the group |  |  |
|  | in half cops and half robbers, and place the cops’ balls on |  |  |
|  | top of discs. |  |  |  |
| **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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