|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** |  | **Time** |  |
|  | **Gate Dribbling:** |  |  |  |  |  |  |
|  | In a 15x20 yard grid set up as many gates (two cones about |  |  |
|  | 2 yards apart). All players with a ball must dribble through |  |  |
|  | the gate in order to score a point. |  |  | ***6*** |  |
|  |  |  |  |  |  |  |
|  | **Coach:** Have players keep count of how many points they | ***minutes*** |  |
|  |  |  |
|  | score in 30 seconds or a minute. Repeat asking the players |  |  |
|  | to beat the score by one or more points. You can also ask |  |  |
|  | them to dribble with the left or right foot only. |  |  |  |
|  |  |  |  |  |  |
| **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 | ***6*** |  |
|  | **“green light”** the players must dribble fast |  |  |
|  |  | ***minutes*** |  |
|  | **Coach:** Control the frequency of light changes. You can |  |
|  |  |  |
|  | also add other light colors (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** |  |
|  | **Shrek/Spiderman/Sponge Bob:** |  |  |  |  |
|  | All players with a ball (dribblers) with the exception of two |  |  |
|  | players who wear pennies (Shreks) in a 15x20 yard grid. |  |  |
|  | The players with | pennies | are trying | to tag the | dribblers. | ***6*** |  |
|  | Once tagged, the | players | must go to | the castle/spidernet. |  |
|  | ***minutes*** |  |
|  | Dribblers can only get back if another dribbler tags them or |  |
|  |  |  |
|  | the coach uses his/her magic powers. |  |  |  |  |
|  | **Coach:** Make sure all players have a chance to be a Shrek. |  |  |
|  |  |  |  |  |  |
| **Activity 4** |  | **Activity Description** |  | **Time** |  |
|  | **Catching Robbers:** |  |  |  |  |  |
|  | All players are spread around a 15x20 grid; only two players |  |  |
|  | **(the cops)** have soccer balls. When the coach says **“let’s** |  |  |
|  | **catch some robbers”** the cops attempt to catch the robbers |  |  |
|  | who are running around the grid by striking their legs below | ***6*** |  |
|  | knee height with their soccer balls. Once a robber is caught |  |
|  | ***minutes*** |  |
|  | he/she goes and gets any ball from the perimeter and |  |
|  |  |  |
|  | becomes a cop. |  |  |  |  |  |  |
|  | **Coach:** Place the balls that are not being used around the |  |  |
|  | perimeter of the grid. |  |  |  |  |  |
| **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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