|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** | **Activity Description** |  | **Time** |  |
|  | **Tag:** |  |  |  |
|  | All players dribbling a soccer ball will try to tag each other |  |  |
|  | with their hands. Players cannot abandon their own ball to |  |  |
|  | tag. |  | ***6*** |  |
|  |  |  |  |
|  | **Coach:** Have players keep count of | their own tags. If | ***minutes*** |  |
|  | playing more than one game, have players improve their |  |  |
|  | tags by 1, 2 or 3 more than before. |  |  |  |
|  |  |  |  |  |
| **Activity 2** | **Activity Description** |  | **Time** |  |
|  | **Hospital Tag:** |  |  |  |
|  | All players dribbling a soccer ball will try to tag each other |  |  |
|  | with their hands. Once a player is tagged he/she must cover |  |  |
|  | the tagged (injured) spot with one hand, second tag use the | ***6*** |  |
|  | other hand, third tag the player must go to the hospital to see |  |
|  | ***minutes*** |  |
|  | the doctor and cure him/her. |  |  |
|  |  |  |  |
|  | **Coach:** Actsas the “doctor” and heals the dribblers so they |  |  |
|  | can keep involved in the activity. |  |  |  |
|  |  |  |  |  |
| **Activity 3** | **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 | ***6*** |  |
|  | ball with that part of the body. |  |  |
|  |  | ***minutes*** |  |
|  |  |  |  |
|  | **Coach:** Vary the body parts, number of body parts he calls |  |  |
|  | out, and rate at which he calls them out. |  |  |  |
|  |  |  |  |  |
| **Activity 4** | **Activity Description** |  | **Time** |  |
|  | **Get “Outta” There:** |  |  |  |
|  | The players are divided into two teams, and positioned at |  |  |
|  | either side of the coach with multiple soccer balls outside a |  |  |
|  | 10x15 yard grid with two small goals on each end line. The |  |  |
|  | coach serves a ball into the grid and the players try to gain | ***6*** |  |
|  | possession and score on their opponent. | If a goal is scored |  |
|  | ***minutes*** |  |
|  | or the soccer ball goes out of bounds, the coach yells “Get |  |
|  |  |  |
|  | outta here”. |  |  |  |
|  | **Coach:** Can make the games 1v1, 2v2 or 3v3. They should |  |  |
|  | vary the service. |  |  |  |
|  |  |  |  |  |
| **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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