|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Free Dribble:** |  |  Challenge players to |  |
|  | All players are dribbling a soccer ball in a 20x25 yard |  |
|  | use different surfaces of |  |
|  | grid using their inside, outside, and the sole of their foot. |  |
|  | foot |  |
|  |  |  |  |
|  | **Coach:** Have players change direction and accelerate |  Players must dribble |  |
|  | away. Have players demonstrate a move and accelerate | with their head up |  |
|  | away. |  |  Encourage the players |  |
|  | **Version 2:** Coach can put pressure on players dribbling. | to try a new move |  |
|  |  |  |
|  | **Version 3:** Players can dribble at each other and | **Time: *8 minutes*** |  |
|  | perform a move and accelerate away. |  |
|  |  |  |
| **Activity 2** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Sharks and Minnows:** |  Keep ball close |  |
|  |  |  |
|  | In a 20x25 yard grid have 3-4 players acting as the |  Changing speed and |  |
|  | sharks. The minnows are in one end of the grid with | direction |  |
|  | their soccer balls. When the coach say **“GO”** the |  Running with the ball |  |
|  | minnows try to dribble to the other end of the grid and |  Defending – 1v1 |  |
|  | the sharks are trying to kick 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. | **Time: *8 minutes*** |  |
|  |  |  |  |
| **Activity 3** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Snake:** |  |  Keep ball close |  |
|  | All players are dribbling a soccer ball in a 20x25 yard |  Changing speed and |  |
|  |  |  |  |
|  | grid with the | exception of at least 2 players. The 2 | direction |  |
|  |  |  |  |
|  | players hold hands or lock arms to create a snake. The |  Running with the ball |  |
|  | snake works together to tag the dribbling players who |  |
|  |  Sudden stops and going |  |
|  | then become a part of the snake. The snake must try to |  |
|  |  |  |
|  | stay connected and not break into little parts. |  |  |
|  | **Coach:** Encourage the snake players to hiss. | **Time: *8 minutes*** |  |
|  |  |  |  |  |
| **Activity 4** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Get “Outta” There with Numbers:** |  |  |
|  | The players are divided into two teams, with each player |  1v1 dribbling |  |
|  |  |  |
|  | given a number from 1-4 or 5 (depending on total |  1v1 defending |  |
|  | amount of players). Players are positioned at either side |  Scheming and |  |
|  | of the coach, with multiple soccer balls, outside a 10x15 | creativity |  |
|  | yard grid with two small goals on each end line. The |  Decision making |  |
|  |  |  |  |
|  | coach serves a ball into the grid and the players try to |  |  |
|  | gain possession and score on their opponent. If a goal is |  |  |
|  | scored or the soccer ball goes out of bounds, the coach |  |  |
|  | yells “Get outta there”. |  |  |
|  | **Coach:** Can make the games 1v1, 2v2, or 3v3. They | **Time: *8 minutes*** |  |
|  |  |  |  |
|  | should vary the service. |  |  |
| **Scrimmage** |  | **Activity Description** | **Time** |  |
|  | 3v3 in your area or 4v4 against team practicing |  |  |
| **3v3 or 4v4** | Next to you | **30 minutes** |  |
|  |  |  |
|  |  |  |  |  |

