|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Shadow Dribble:** |  Dribbling with head up |  |
|  | Two players (**Leader and Shadow**) each with a ball |  |
|  |  Running with the ball |  |
|  | will dribble their soccer balls in a 20x25 yard grid. The |  |
|  |  Using different foot |  |
|  | leader will determine where they are going while the |  |
|  | surfaces |  |
|  | shadow will try to keep up with the leader. |  |
|  |  Changing direction |  |
|  |  |  |  |
|  | **Coach:** Call the change from leader to shadow. |  |  |
|  | **Version 2:** Use only favorite foot or other foot. | **Time: *6 minutes*** |  |
|  | **Version 3:** Leader must make a move. |  |
|  |  |  |
| **Activity 2** |  | **Activity Description** | **Coaching Considerations** |  |
|  | **Sharks and Minnows:** |  Changing speed and |  |
|  | direction |  |
|  | In a 20x25 | yard grid, have 3-4 players acting as the |  |
|  |  |  |
|  | sharks. The minnows are in one end of the grid with |  Running with the ball |  |
|  |  |  |
|  | their soccer balls. When the coach says **“GO”,** the |  Keep the ball close |  |
|  | minnows try to dribble to the other end of the grid and |  1v1 defending |  |
|  | 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** |  |
|  | **Capture the Balls:** |  How to get the balls |  |
|  |  |  |  |
|  | Players should be divided into equal teams to play in a | from the center or other |  |
|  |  |  |  |
|  | grid with each team’s home in the corners. Soccer balls | home bases |  |
|  |  |  |  |
|  | are in the middle of the grid with all players starting |  How to defend their |  |
|  |  |  |  |
|  | inside their home bases. On the coach’s command, the | home base |  |
|  |  |  |  |
|  | players each get one ball. They try to dribble or pass it |  Decision making: pass |  |
|  | into their home base. Players can steal soccer balls from |  |
|  | or dribble |  |
|  | their opponent’s home bases. |  |
|  |  |  |
|  | **Coach:** Call time and each team counts the balls they |  |  |
|  | have collected. | **Time: *8 minutes*** |  |
| **Activity 4** |  | **Activity Description** | **Coaching Considerations** |  |
|  |  |  |  Application of |  |
|  |  |  | dribbling, passing- |  |
|  | **3v3 to 4 Goals:** | receiving and shooting |  |
|  |  |  |
|  | In a 20x25 yard grid, place a two yard goal with cones | technique under |  |
|  |  |  |
|  | close to the corners of each end line. Players will score | pressure |  |
|  |  |  |
|  | by dribbling or passing through any of the two goals |  1v1 defending |  |
|  | they are attacking. |  Decision making |  |
|  |  |  | **Time: *8 minutes*** |  |
| **Scrimmage** |  | **Activity Description** | **Time** |  |
|  | 3v3 in your area or 4v4 against the team practicing |  |  |
| **3v3 or 4v4** | Next to you | **30 minutes** |  |
|  |  |  |
|  |  |  |  |  |



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