|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activity 1** |  | **Activity Description** |  | **Coaching Considerations** |  |
|  | **Juggling:** |  |  |  |  |  Hand, foot, eye |  |
|  | All players with a soccer ball in their hands drop the | coordination |  |
|  | ball down and try to kick it back up to their hands. |  Use foot and thigh |  |
|  |  |  |  |  |  |  |
|  | Players will try to use their thighs and feet to keep the |  |  |  |
|  | ball in the air. |  |  |  |  |  |  |
|  | **Coach:** Have the players count how many times they |  |  |  |
|  | touch the ball before it hits the ground. |  |  |  |  |
|  | **Version 2:** Controlled juggling - Thigh, foot, catch. |  |  |  |
|  | Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch. | **Time: *6 minutes*** |  |
|  |  |  |  |  |  |  |
| **Activity 2** |  |  |  |  |  | **Coaching Considerations** |  |
|  | **Steal-Shield:** |  |  |  |  |  Body sideways on to |  |
|  |  |  |  |  |  |  |
|  | Pair up the players with one ball. One player starts with | opponent |  |  |
|  |  |  |  |  |  |  |  |
|  | the ball and at coach’s command his/her partner tries to |  Use arm to protect and |  |
|  |  |  |  |  |  |  |
|  | steal the ball away. Play 30-45 second matches. The | know where defender is |  |
|  |  |  |  |  |  |  |
|  | player who ends with the ball gets a point. If the ball | going |  |  |
|  |  |  |  |  |  |  |  |
|  | goes out of bounds, one of the players must get it back |  Knees bent |  |
|  | in play very quickly. |  |  |  |  |
|  |  |  |  |  Turn as defender |  |
|  |  |  |  |  |  |  |
|  | **Coach:** Show proper shielding technique during the | attacks or reaches for |  |
|  |  |  |  |
|  | demonstration. Fix technical shielding errors |  | the ball |  |  |
|  |  |  |  |  |
|  | throughout the activity to assure that the group is doing |  |  |  |
|  | it properly. |  |  |  |  | **Time: *8 minutes*** |  |
| **Activity 3** |  | **Activity Description** |  | **Coaching Considerations** |  |
|  | **Dribbling Gates With Bandits:** |  |  Keep ball close |  |
|  | In a 20x25 yard grid, set up many gates (two cones |  |
|  |  Changing direction |  |
|  | about 2 yards apart). | Select | two players to | be the |  |
|  |  Acceleration after |  |
|  | **“Bandits”.** | They will | try to | dispossess the | players |  |
|  | going through a gate |  |
|  | while trying to score points by dribbling through the |  |
|  |  |  |  |
|  | gates. When the bandit steals the soccer ball, the player |  Decision making |  |
|  | who lost the ball becomes the bandit. |  |  1v1 defending |  |
|  |  |  |  |  |  |  |
|  | **Coach:** Play multiple 1-2 minute games. Award a |  |  |  |
|  | point to all players that have a soccer ball at the end of | **Time: *8 minutes*** |  |
|  | each game. |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Activity 4** |  | **Activity Description** |  | **Coaching Considerations** |  |
|  |  |  |  |  |  |  Application of |  |
|  |  |  |  |  |  | dribbling, | and passing- |  |
|  | **3v3 to End Zones:** |  |  |  | receiving | technique |  |
|  |  |  |  | under pressure |  |
|  | In a 20x25 yard grid, place an End Zone of one yard |  |
|  |  1v1 defending |  |
|  | wide along | each end | line. | Players will score by |  |
|  | Decision making |  |
|  | dribbling and stopping the soccer ball in the End Zone. |  |
|  |  |  |  |
|  | Defenders can’t defend in the End zone. |  |  |  |  |
|  |  |  |  |  |  | **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** |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

