|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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** | |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

