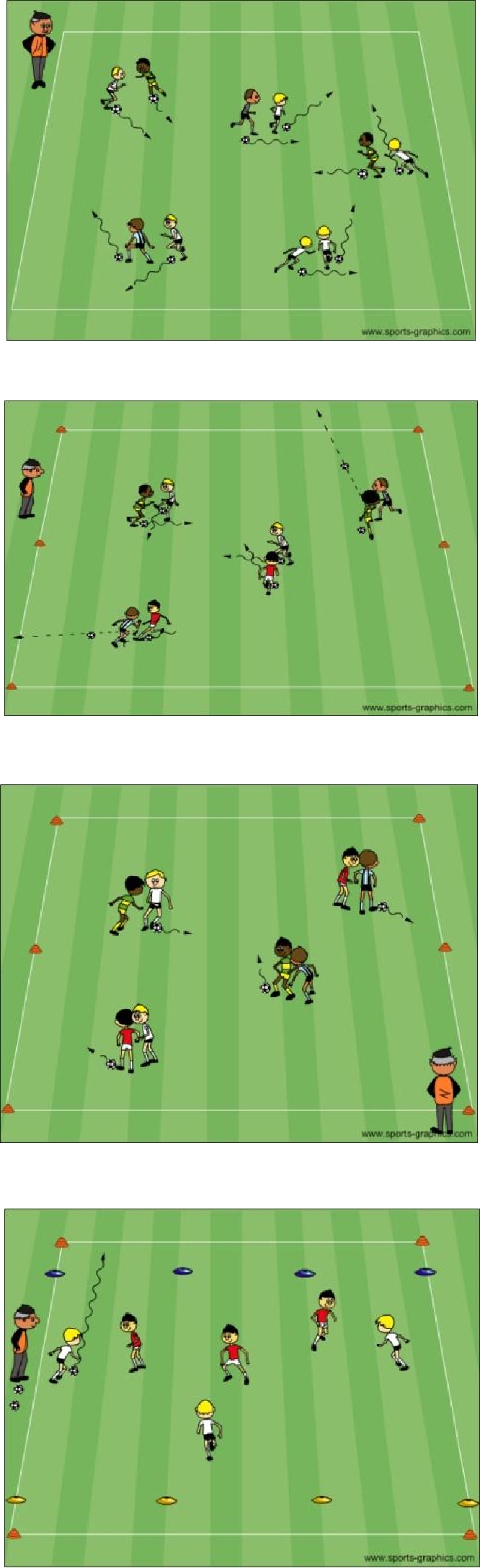
|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activity 1** | **Activity Description** | **Coaching Considerations** | | |  |
|  | **Tag:** |  | Dribbling with | |  |
|  |  | different surfaces of | |  |
|  | All players dribbling a soccer ball will try to tag each |  |  |
|  |  | the foot |  |  |
|  | other with their hands. Players cannot abandon their |  |  |  |
|  |  | Ability to stop and go | |  |
|  | own ball to tag. |  |
|  |  | Dribble with the head | |  |
|  |  |  |
|  | **Coach:** Have players keep count of their own tags. If |  | up |  |  |
|  | playing more than one game, have players improve their |  | Sudden change of | |  |
|  |  |  |
|  | tags by 1, 2 or 3 more than before. |  | direction |  |  |
|  |  |  |  |  |
|  |  |  | **Time: *6 minutes*** | |  |
|  |  |  | | |  |
| **Activity 2** | **Activity Description** | **Coaching Considerations** | | |  |
|  | **Knock Out:** |  Protecting the ball | | |  |
|  | All players are dibbling in a 20x25 yard grid and are |  Dribbling with | | |  |
|  |  |  |
|  | trying to knock other dribblers’ balls outside the grid. |  | different surfaces of | |  |
|  |  |  |  |
|  | Players must retrieve the ball quickly and get back in the |  | the foot |  |  |
|  |  |  |  |  |
|  | game. |  |  |  |  |
|  | **Coach:** Have your players perform a skill task before |  |  |  |  |
|  | re-entering the grid. i.e.: juggling 3-5 times, ball taps. |  |  |  |  |
|  |  |  | **Time: *8 minutes*** | |  |
| **Activity 3** | **Activity Description** | **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 that 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 throughout |  | the ball |  |  |
|  |  |  |  |  |
|  | the activity to assure that the group is doing it properly. |  | **Time: *8 minutes*** | |  |
|  |  |  |  |  |
| **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 dribbling |  |
|  | Decision making | | |  |
|  | 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** | |  |
|  |  |  |
|  |  |  |  |  |  |



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