


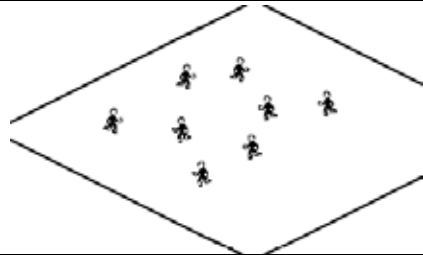
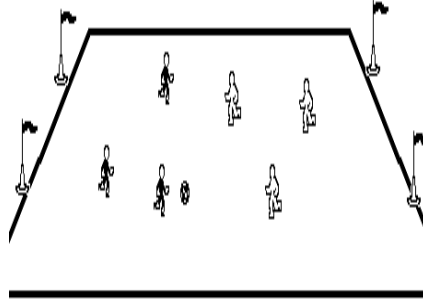


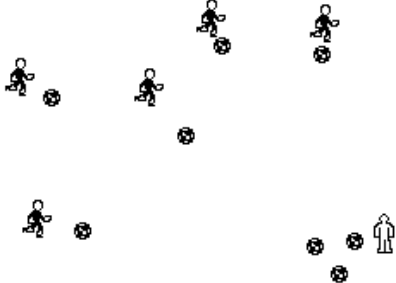



Activity Name	Description	Diagram	Purpose/Coaching Points
1 I can do something can you?	The coach begins the activity by saying “I can do something can you?” and demonstrating a physical activity such as jumping jacks. The children then do the same. The coach demonstrates several other physical activities such as: skips, one-legged bounces; star jumps, rolls, etc. After demonstrating several times the coach asked the children, “what can you do?” and takes their suggestions.		Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves.
2 Snake in the Grass	In an area 15 yds x 15 yds, two children begin by being “snakes” by lying on their stomachs. The other children’s starting position is with their hands touching the “snakes.” On the command “snake in the grass” the children try to stay away from the snake while the snake slithers around trying to catch a child. When any child is caught he/she becomes an additional snake. The activity continues until every one is a snake.		The children move in all directions trying to avoid the snakes. Once snakes, the children try to work together to create more snakes.



3			
Find the Coach	The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, “find the coach” the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes.		This activity becomes “chase and flee” quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target.
4			
Everyone is it	In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds.		The children must be aware of their surroundings and make decisions about where to go and where to avoid.
5			
3v3	The activity ends playing 3v3.		This is free play.

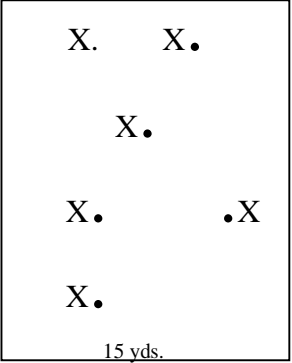
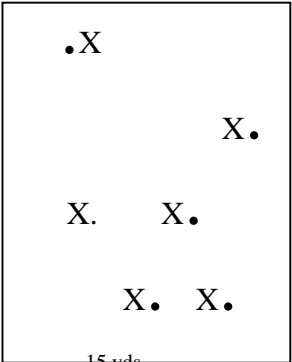


Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Retrieve	The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.		The purpose of the activity is to encourage the children to move toward a target. First, by bring the ball with their hands and then with their feet.
2			
Body Part Dribble	In an area the size of the center circle the children dribble while avoiding each other. While they dribble the coach calls out a body part, such as "elbow," "knee," "nose" or "belly button." The children stop the ball using the part of the body identified.		Children learn to keep the ball close so they can stop the ball quickly.



3			
Hospital Tag	<p>In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged. After the player is tagged for the third time, they must go to the hospital to get well. The hospital is a space ten to fifteen yards away where the player must dribble to and perform four ball touches. After completion they come back into the game with a fresh start.</p>		<p>The children learn to keep the ball close to be able to move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the "hospital" they are back in the game.</p>
4			
Gates Dribble	<p>Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble through as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another.</p>		<p>The children learn to control the ball at pace while running and turning.</p>
5			
3v3	<p>The session ends by playing 3v3 to the end line. This provides an appropriate target to attack and numerous 1v1 opportunities.</p>		<p>Children should be encouraged to try to dribble to the end line. There is no such thing as a "ball hog" here.</p>


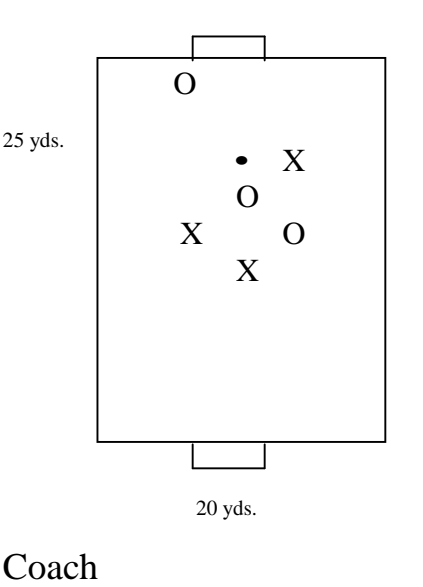


Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Free Movement with the Ball.</p> <p>Free Movement with the Ball at their Feet.</p>	<p>Every player has a ball in a 15 x 20 yd grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet.</p>	<p>20 yds.</p> 	<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p>
2			
<p>Goofy Stop and Go</p>	<p>Same set up as above. All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>	<p>Coach</p> <p>20 yds.</p> 	<p>Same as above.</p>




3			
Body Part Dribbling	Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part.		Same as above.
4			
Hit the Ball (Relaxation Activity)	Players line up shoulder to shoulder on one end of the grid. Place 2 balls in the middle of the grid. One at a time players kick their ball and try to hit one of the balls in the middle.	<div style="display: flex; flex-direction: column; align-items: center;"> 20 yds. <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">X. X. X.</p> <p style="text-align: center;">• •</p> <p style="text-align: center;">X. X. X.</p> </div> 15 yds. </div>	Rest from previous hitting a target. The challenge of
5			
Sharks and Minnows	The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.	<div style="display: flex; flex-direction: column; align-items: center;"> 20 yds. <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">M. M. M. M.</p> <p style="text-align: center;">S S</p> </div> 15 yds. </div>	FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.



<p>6</p> <p>End Line Soccer</p>	<p>Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; decision making; change of speed; change of direction; defending.</p>
<p>7</p> <p>3v3 Soccer Match</p>	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>

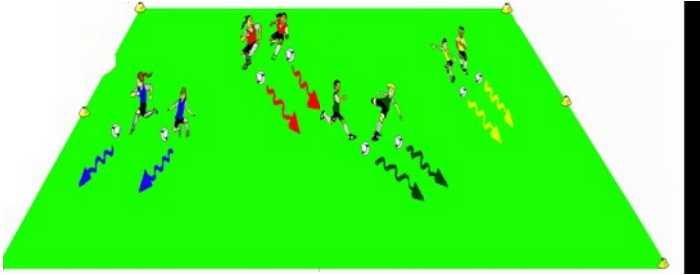


8			
Cool Down Juggling	Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try “thigh-high-foot-catch”, etc.		FUN...challenging; balance; coordination.



Warm Up - Paint the Square

Players pair up with a teammate. They each should have a soccer ball. Tell them to pretend the ball is a paintbrush and as a pair try moving side-by-side together around the square and paint the entire square by dribbling their own ball around the square. Next step is to have one of them have a ball and to then have them having to create or "paint" a picture with the ball by passing it back and forth around the square to make a smiley face or something. A good "paint stroke" only counts when the ball is on the ground.



Guided Discovery Question: "How can you make sure your pass stays on the ground"?

Answer: By hitting the middle of the ball.

"Triangles"

Two players take 3 cones and spread them about a yard apart into a triangle shape. One player passes the ball through a pair of cones and the other player will then receive the ball and take the ball around a cone and then back through for the player to repeat. Every time the team of two can do this successfully they score a point. Anytime they hit a cone or the pass isn't completed, it is not a point. See which pair can get the most points.



Guided Discovery Question: How can you and your partner score more points?

Answer: By always being ready to receive a pass. By always making a good pass to our teammate.

Guided Discovery Question: How do you know when to dribble and when to pass?

Answer: We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.



"Outside" Goals

Divide into two teams of 3 to 4 players each. Make 2 goals on each end with flags, cones outside the normal playing field. Coach has a supply of balls in order to keep the game flowing. A goal can only be scored from inside the field so the ball must be passed through the goals that are outside. Players cannot go outside the field to score.

Guided Discovery Question: Is it better to try and score far away from the outside goals or closer?

Answer: Closer. Follow up with "how does this happen"?

Answer: By finding a teammate who is closer to an outside goal.

