

Activity 1 10 Touches x 2 to Goal

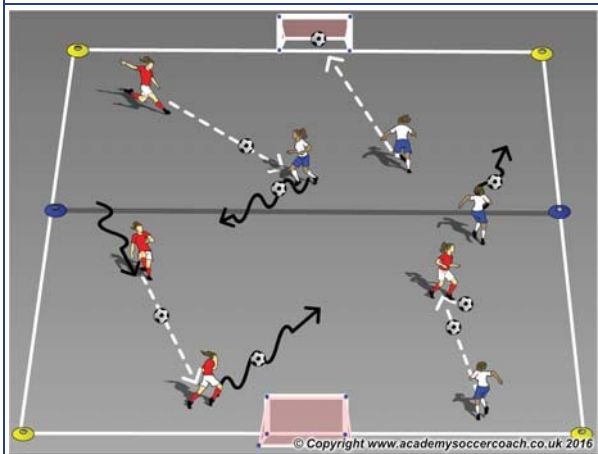
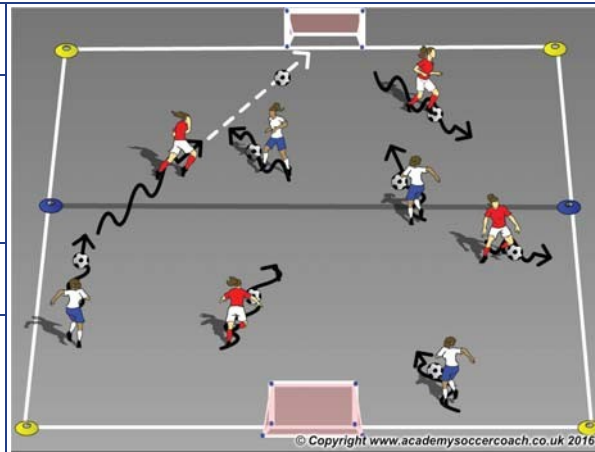
Duration 8 Min.

In a 15Wx20L yard grid, 1 goal at each end & all player with a soccer ball. The players dribble their soccer ball a specific pattern: Right foot - Outside of the foot (pinky toe)-Inside of the foot (big toe)-repeat with Left foot. Inside Right (big toe) to inside Left (big toe) then roll with the bottom of right to the left-repeat starting with the inside left. On the coach's command, they all race to either of the 2 goals.

Variations

Activity Time 1.5 Min. Rest 30 Sec. Intervals 4

- Round 1: Players combine all touches with both feet.
- Round 2: Players race to any goal on coach's command.
- Round 3+: Players can race their friend; who can get all 10 touches twice, then get to any goal the fastest?



Activity 2 3 Strikes You're Out

Duration 8 Min.

In a 15Wx20L yard grid, a goal at each end, all players dribble their soccer ball. They will try to tag other players by hitting them below the knee with their ball. Once a player is tagged for the first time, he/she will put a hand behind their back. The second time, the other hand is placed on their head. Third time, they struck out and must quickly score in either goal before they can get back into the game.

Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Coaches are the only taggers.
- Round 2-3: Select 2-3 players to help the coaches as taggers.
- Round 4: Everyone is a tagger but must also avoid getting tagged.

Activity 3 4 Corner Shootout

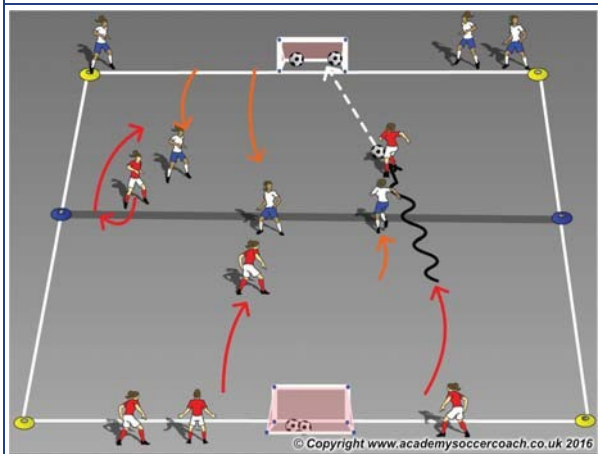
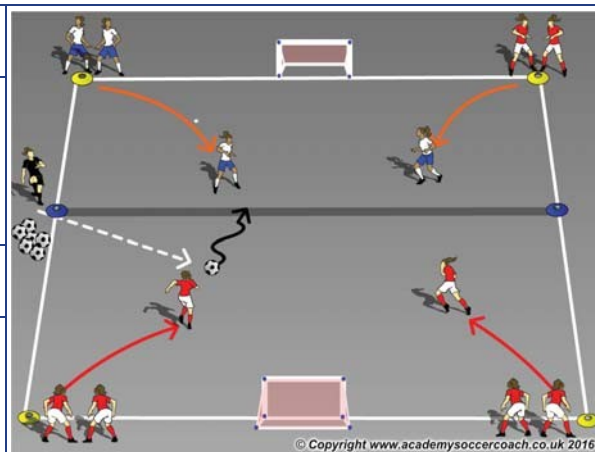
Duration 8 Min.

15Wx20L yard grid and a goal on each end line, divide the players into 2 teams. Players of the 1 team are split between the 2 corners on 1 side and the other team splits between the 2 corners on the other. When the coach puts a ball into play, 1 player comes out from each corner to play 2v2. The game is over when a goal is scored or the ball goes out. Coach serves another ball and new players go.

Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Play a 2v2 game with no additional incentives.
- Round 2: Extra points if both players on a team touch the soccer ball before scoring.
- Rounds 3-4: Extra points for goals scored from behind the midfield line.



Activity 4 All 5 Wins

Duration 8 Min.

15Wx20L yard grid, a goal at each end, 2 soccer balls in each goal and 1 to start the game. Divide the players into 2 teams of 6; 3 on the field and 3 on deck. Play the game and if a team scores, they get another ball from their own goal and the game continues (make it-take it). After 90 seconds, if your goal is not empty, switch the players on the field and the game continues. First team to get all 5 in 1 goal wins.

Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Play for 90 seconds or all balls are in 1 goal. - Game is continuous even when you rotate players.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.