

Stage 1 4 Surfaces - Dribbling

Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each side line, each player has a soccer ball. Have the players try to use 4 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe,) Inside of the foot (big toe,) laces and bottom (sole). Once the ball has been stopped, have them try it with their other foot. Players must remain inside the boundaries which includes the end zones.

Variations

Activity Time 90 secs

Rest 30 secs

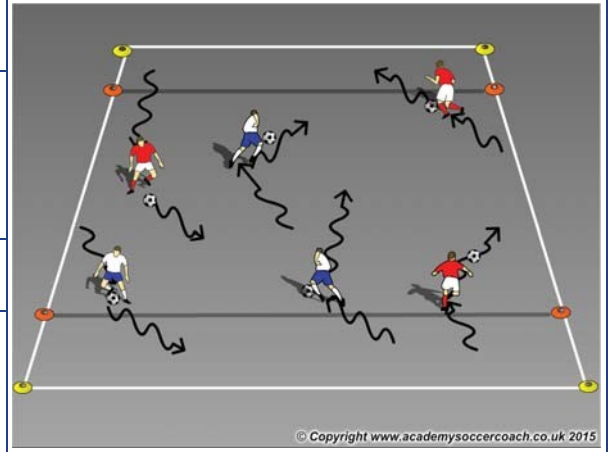
Intervals

Round 1: The players use 1 surface at a time then layer in the next surface.

Round 2: Players complete the pattern with their favorite foot.

Round 3: Players complete the pattern with their non-favorite foot.

Round 4: Players switch feet after completing all 4 surfaces with 1 foot then repeat.



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Stage 2 Crocs in the River

Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each end line, all players start with their ball in one end zone. The coaches start as crocs in the river. On the coach's command, the players will dribble their soccer ball across the river to the other side. If they stop it in the end zone, they are safe but if a croc gets their ball and dribbles to the opposite end zone, the dribbler becomes a croc also.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals

Round 1: Coaches start as crocs and if ball is lost, dribbler and croc switch rolls.

Round 2: Players start as crocs and if ball is lost, dribbler and croc switch rolls.

Round 3+: When ball is lost, dribbler becomes a croc also.

Stage 3 1v1 to Any Goal

Duration 8 mins

In a 15Wx20L yard grid with a 2-3 yard cone goal at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams; set up on either side of the coach. Coach serves a ball onto the field and 1 player from each team steps on the field and tries to score in either of the 2 goals. Play for 20 seconds, until a goal is scored or the ball is out of bounds.

Variations

Activity Time 90 secs

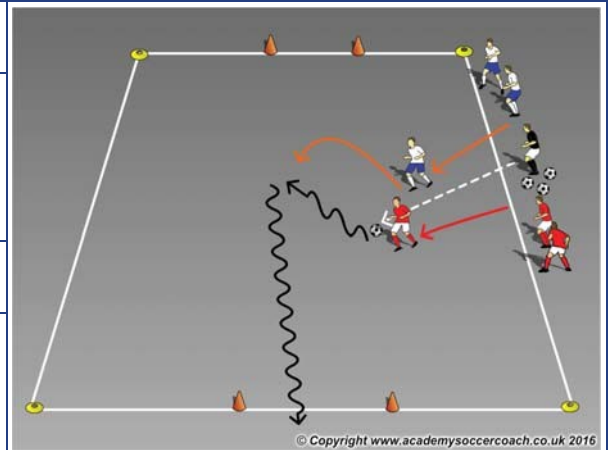
Rest 30 secs

Intervals

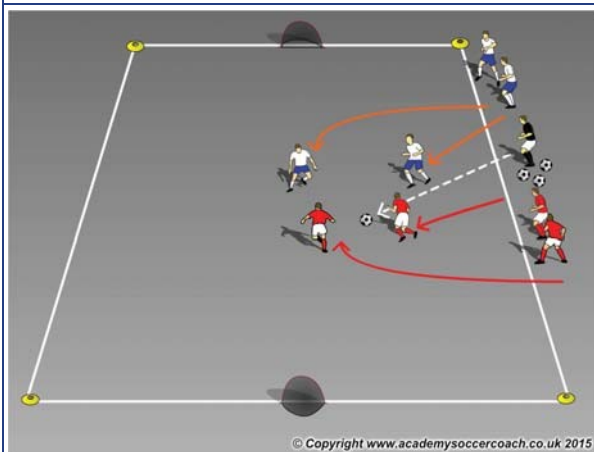
Round 1: A passing goal is one point. Dribble through the cone goal is 10 points.

Round 2: Players can only score in the opponent's goal.

Round 3: Coach can make it a 2v1 game with bonus points for goals scored after a turn or a move past an opponent.



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Stage 4 2v2 Combat

Duration 8 mins

In a 15Wx20L yard grid, with a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. The coach divides player into 2 teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in their opponent's goal.

Variations

Activity Time 90 secs

Rest 30 secs

Intervals

Round 1: Play 2v2 to goal or the ball leaves the field.

Round 2: Bonus points for goals scored after a move or turn

Round 3: Coach can adjust the number of players on the field to: 3v2 or 3v3; no bigger than 3v3.

Game - 4v4**Duration - 25 mins****Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.**