

Stage 1 Pattern Dribble

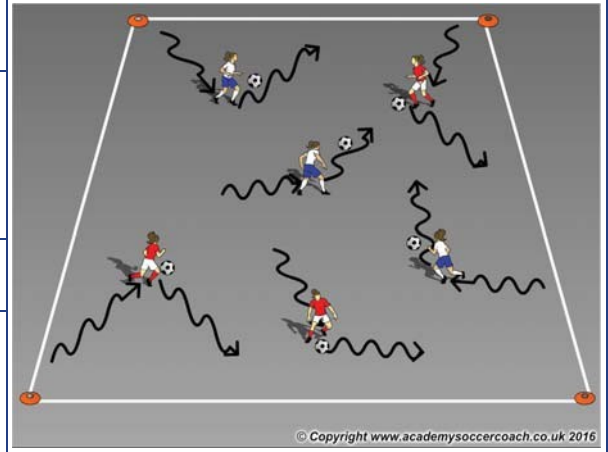
Duration 8 mins

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet. 1. Push the ball with the outside of the foot, then the inside, then the other foot, repeat, "outside, inside, outside, inside". 2. Inside right foot to inside left foot then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll". "Talk to your feet!"

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Players do pattern #1 w/both feet, then pattern #2 with both feet, repeat.
 Round 2: Add new pattern #3. Push the ball twice w/the laces then draw a circle around the ball, "laces, laces, circle", use other foot, "laces, laces, circle", repeat.
 Round 3: Combine patterns #1, #2, & #3.



Stage 2 Capture the Balls

Duration 8 mins

In a 15Wx20L yard grid with a square (2x2 yards) in each corner and 1 square in the middle of the field. Players are divided into each corner square (home bases). Soccer balls are all in the middle square. On coach's command, players get one ball from the center square and dribble it back to their home base. Once all the balls are out of the middle, players can steal balls from other bases and bring to their home.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: Players retrieve their own ball (feet only) as fast as they can.
 Round 2: Players go to the middle and work with teammates to get as many soccer balls as they can back to their home base.
 Round 3-4: Pass to, and stopped in, the home base is worth bonus points.

Stage 3 2v2 CastleCombat

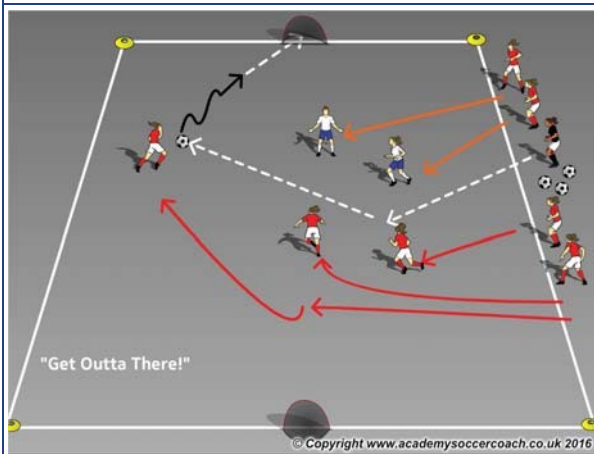
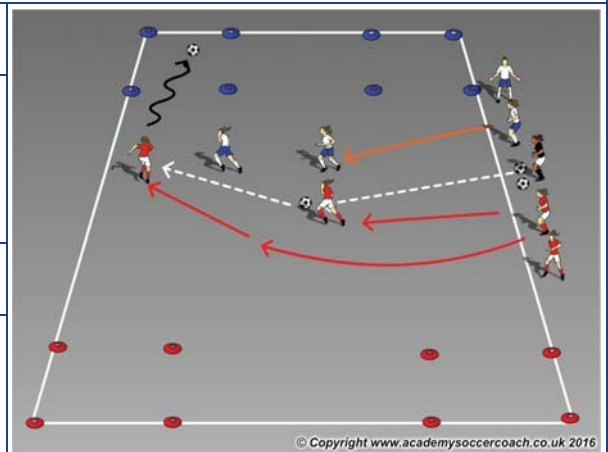
Duration 8 mins

In a 15Wx20L yard grid w/a square (2x2 yards) in each corner. Coach has all the balls on the sideline at midfield. Coach divides the players in 2 teams set up on either side of her/him. Coach serves the ball onto the field and 2 players from each team step onto the field. Players score by playing the ball into either of their opponent's 2 castles by either passing or dribbling the ball and stopping it in the castle.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1-3: Player score by stopping the ball in either of the opponent's 2 castles.
 Round 4-6: Coach adjust number of players to 3v2, 3v3.
 Round 7-8: Players must complete one pass before going to a castle to score.
 Round 9-10: Bonus points if you pass it to your partner when they are in the castle.



Stage 4 Up and Down Numbers "Get Outta There" Duration 8 mins

In a 15Wx20L yard grid with a goal on each end line. Players are divided into 2 teams on either side of the coach at midfield. Coach has all the balls. Coach serves a ball on the field and players try to gain possession and score in the opponent's goal. If a goal is scored or the ball goes out of bounds the coach calls "Get Outta There!" Players clear the field immediately and coach serves a ball for the next group.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1-2: Play 2v2.
 Round 3-4: Play 3v2.
 Round 5-6: Play 3v3.
 Round 7-8: Play 4v3.

Game - 4v4

Duration - 25 mins

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