

**Stage 1 Pattern Dribble**

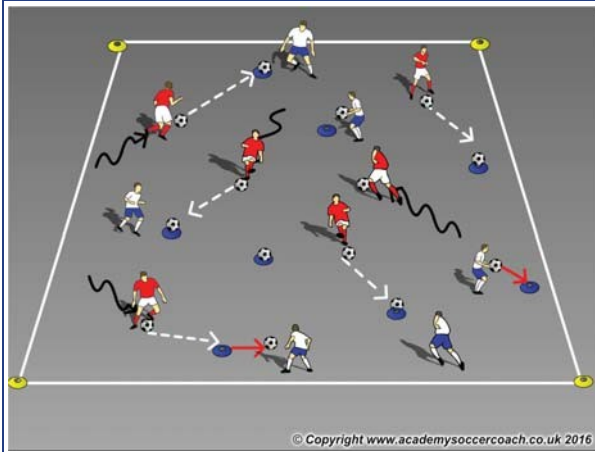
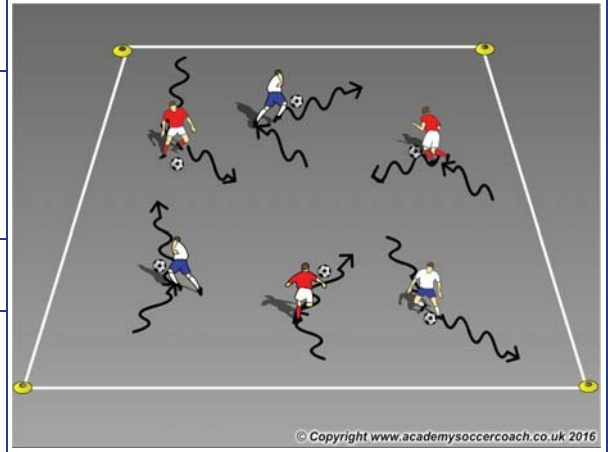
Duration 8 mins

In a 15Wx20L yard grid, players w/a ball, complete patterns using both feet. 1.Touch ball w/the outside, then w/inside, then use other foot, "outside, inside," repeat. 2. Inside right to inside left then roll ball from right to left foot(w/the bottom or toe roll) "touch, touch, roll", then use other foot, reverse.3. Touch ball twice w/laces then draw a circle around the ball, then use other foot, "laces, laces, circle", repeat.

**Variations**

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1-3: Players do patterns #1, #2, & #3 w/both feet repeatedly, "outside, inside, outside, inside" / "touch, touch, roll, touch, touch, roll" / "laces, laces, circle, laces, laces, circle". Add new pattern #4-Drag ball back w/right foot, touch ball behind left foot, take outside w/left foot, "drag, touch, take", then start new pattern w/left foot.



**Stage 2 Cops and Robbers**

Duration 8 mins

In a 15Wx20L yard grid with multiple disc cones scattered around the grid and soccer balls placed on top of them. Split the group into "Cops" & "Robbers". Each Robber has a ball, Cops do not. Robbers dribble around trying to knock the soccer balls off the cones by hitting them with their own ball. Each time a ball is knocked off is 1pt. The Cops place the balls back on top of the disc cones.

**Variations**

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1-2: Players switch roles, rotate through each group. Round 3: Longer passes that knocks a ball off a cone gets bonus points.

**Stage 3 Pairs Cops and Robbers**

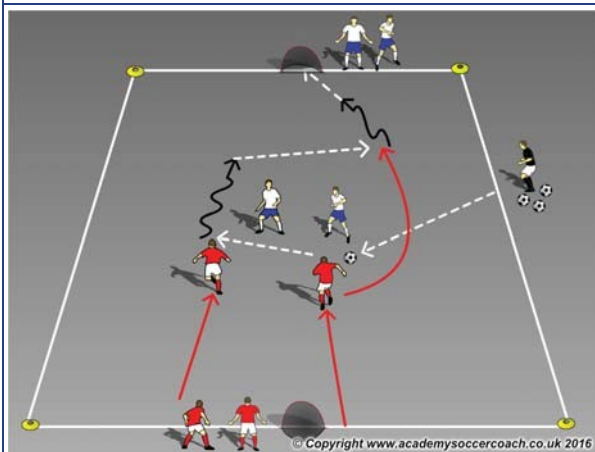
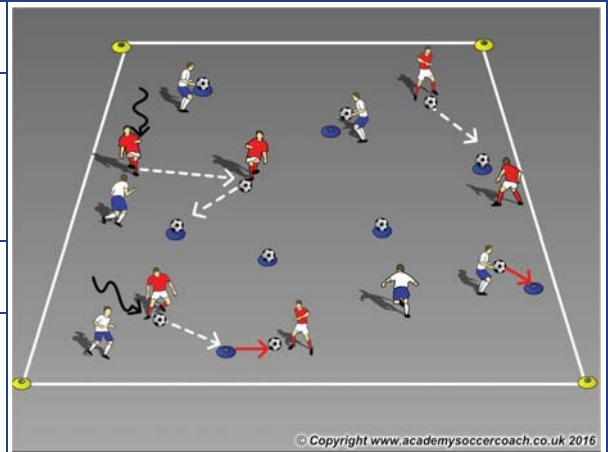
Duration 8 mins

In a 15Wx20L yard grid with multiple disc cones scattered around the grid and soccer balls placed on top of them. Players have a partner. Half of the pairs are "Cops" & half are "Robbers". Robber pairs have a ball, Cops do not. Robber pairs pass w/ their partner trying to knock the soccer balls off the cones. Each ball knocked down is 1pt. The Cops place the balls back on top of the disc cones.

**Variations**

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1-2: Players switch roles, rotate through each group. Round 3: Longer passes that knocks a ball off a cone gets bonus points.



**Stage 4 2 v 2 to Goal (More Passes, More Points)**

Duration 8 mins

In a 15Wx20L yard grid with goals at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams on either side of the goals. Coach serves a ball on the field and 2 players from each team run onto the field and try to score in the opponent's goal. Number of passes completed before scoring equals the points for the goal. Ex. 3 passes, then score = 3 points

**Variations**

Activity Time 90 secs Rest 30 secs Intervals 4

Round 1: If a team can make 2+ passes before they score, goal is worth 10 pts more. Round 2-3: Add players to make it 3v2 or 3v3.

Game - 4v4

Duration - 25 mins

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