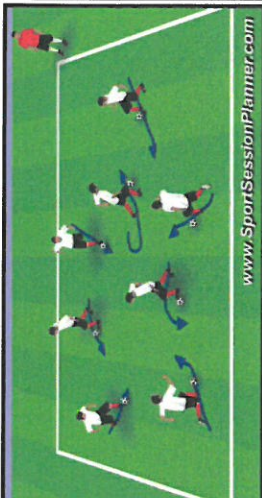
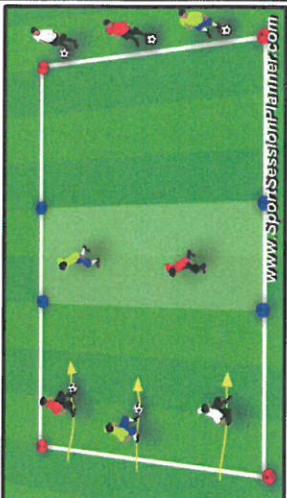




2013 - U8 - Fall Lesson Plan - Week 1



Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Guided Questions
Activity 1 Dribble Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag. Coach: <ul style="list-style-type: none"> Have players keep count of their own tags. Play more than one game, have players improve their tags by at least 1 more than before. 		<ul style="list-style-type: none"> How far should the ball be from the dribbler? What surfaces to use? When and how to run with the ball and change directions? How to stop the soccer ball? 	
Activity 2 Boston Bulldogs In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.		<ul style="list-style-type: none"> What surface of the foot should you use to dribble? When do you want to run with the ball? Why would you want to keep the ball close? What move can you do to beat a defender? How can you stop the dribblers? 	
Let's Play the Game			
Recommended Rules			
Possible Formations	3-1 (Diamond) or 2-2		
Dimensions in Yards:	Long: 35 max-25 min Wide: 30 max-20 min		
Ball	Size 3 or 4		
Number of Players	4 Players per team on the field - No Goalkeepers needed		
Referee	No Referee needed		
Duration	No more than 30 minutes max - Can play in quarters		
Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game		
Free Kicks	All free kicks shall be direct		
Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field		
Out of Bounds - End Line	1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate		
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. the defending team must be at least 4-5 yards away from the ball		



2013 - US - Fall Lesson Plan - Week 2

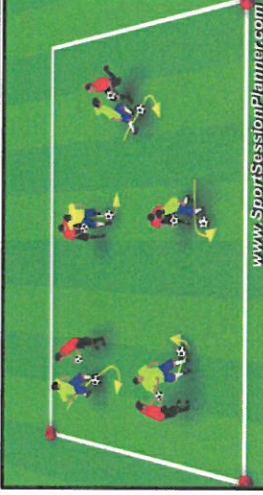

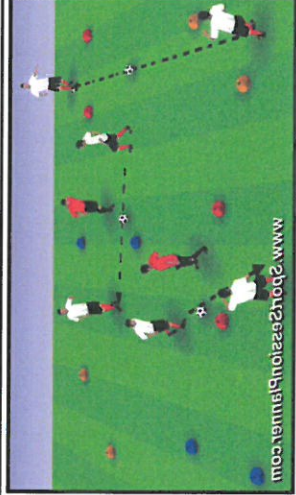
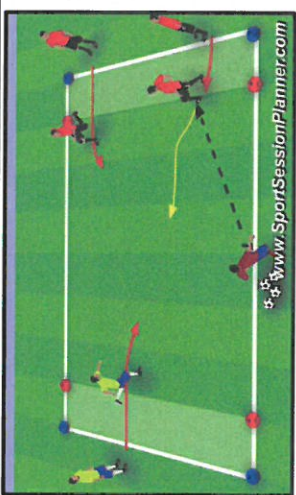


Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Triangle Dribbling: In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point.</p> <p>Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with their favorite foot or their foot or stop in each triangle.</p>		<ul style="list-style-type: none"> • What surface to use? • When exiting a triangle how fast should we go? • How to stop the soccer ball at each triangle? • When and how to turn at the triangle? • Where should the eyes be looking?
Activity 2	<p>Two Turns: Set up as shown (see diagram). Pair up the players and place each player on the end line. One player will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then RWB to the last cone. The player that arrives to the last cone first gets 10 points</p> <p>Turns are:</p> <ul style="list-style-type: none"> • Inside of the foot cut, Outside foot hook and Drag Back 		<ul style="list-style-type: none"> • How can we move the ball quickly over a big space? • What surface of foot should we use to turn with the ball? • How do we change directions? • What are some ways we can make the ball start and stop?
Activity 3	<p>Moving Goal in 2's: Put the players in pair with a soccer ball. The players are dribbling and passing to his/her partner in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal moving all over the playing area. The players will try to score by passing and receiving the soccer ball on the other side of the moving goal. The pairs can only score in the moving goal after completing two passes away from the moving goal</p> <p>Coach: give more points for long passes made away from the moving goals.</p>		<ul style="list-style-type: none"> • How to pass and receive? • Who to pass to? • Why to pass? • Where to pass to? –Feet or Space? • What to say and where to move to? • What surface of foot and ball to strike?
Activity 4	<p>2v2 Combat: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team's goal for a point.</p> <p>Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3's.</p>		<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
Match	4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U8 - Fall Lesson Plan - Week 3



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Protect, Turn or Get Tagged: In a 20Wx30L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.</p>		<ul style="list-style-type: none"> • What surface should we use to protect and dribble the ball? • How can we keep the ball close to us? • How and where should we change direction? • How can we control the ball in a small space without moving?
Activity 2	<p>Gate Passing: In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p> <ul style="list-style-type: none"> • Add two defenders to guard the gates 		<ul style="list-style-type: none"> • What part of the foot do you use to pass the ball? • How can the players cooperate to pass the ball quicker? • What surface to receive the ball? • Where should the first touch be?
Activity 3	<p>Gates Passing with Bandits: Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score.</p>		<ul style="list-style-type: none"> • What part of the foot do you use to pass the ball? • How can the players cooperate to pass the ball quicker? • What surface to receive the ball? • Where should the first touch be? • How do we work together to get the ball back from the defender?
Activity 4	<p>2v1 Pass or Dribble Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must get the ball over the opposite end-line under control. If the attackers score: 1 point. If the defender steals the ball and scores: 2 points.</p>		<ul style="list-style-type: none"> • Where will you first touch go? • What surface of the foot should you use to dribble? • When and where should you dribble? • What can the defender do to stop the dribbler? • When should you pass?
Match	4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - US - Fall Lesson Plan - Week 4



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Gate Dribbling: In a 20Wx25 L yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.</p> <p>Coach: Have players keep count of how many points they scored in 30 seconds. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.</p> <p>Version 2: Add “bandits” or defenders</p>		<ul style="list-style-type: none"> • What surface to use? • When exiting a gate how fast should we go? • How to stop the soccer ball? • Where should the eyes be looking? • Where to go next?
Activity 2	<p>Gate Problems:</p> <ul style="list-style-type: none"> • In a 20Wx30L yard grid, place several gates of 1.5 yards each. You need more gates than pairs • The coach will tell the players how they can score thru the gates. The first pair to 10 will win the round • Each round has a different task that makes the players cooperate in problem solving: Complete 2 passes in every gate, etc. <p>Variation: After every gate the players will find a new partner</p>		<ul style="list-style-type: none"> • What part of the foot do you use to pass the ball? • How can the players cooperate to pass the ball quicker and accomplish the tasks? • What surface to receive the ball? • When and where do you dribble? • Where should the first touch be?
Activity 3	<p>2v1 Keep the Treasure: In a 20Wx30L yard grid, divide the team in groups of 3 players. One player is the Defender and the other two are the Keepers of the Treasure (The Ball). The Keepers of the treasure are working to keep the treasure by shielding, passing or dribbling the treasure around; while the defender is trying to get possession of it. If the defender gets it the Keepers will try it to regain it back ASAP</p>		<ul style="list-style-type: none"> • How do you keep the ball close to you? • How can we protect the ball in small spaces? • Which parts of the foot can we use to dribble, pass and receive the soccer ball? • Where should we be to help our teammate?
Activity 4	<p>2v2 to Cross Goals: In a 12x12yd grid, set up a two yard goal (two red and blue goals) on each side of the grid. Divide the team into two groups. The attackers start with a soccer ball, trying to score by dribbling or passing through any of the two furthest goals. The defenders are trying to defend the goals closest to them. If a defender gets the ball, he/she tries to score in the opponent’s goal.</p>		<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
Match	4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - US - Fall Lesson Plan - Week 5



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Receive, Pass and Dribble:</p> <ul style="list-style-type: none"> Set up as many 5Wx10L grids with 3 players, 2 at one end. The player with the ball will dribble towards the cone, beat the cone with a move and pass the ball to the next player in line Player should not stop the ball when receiving it but redirect it towards the direction they want to go 		<ul style="list-style-type: none"> How can we keep the ball under control? What moves can we use to beat the 'defender'? Where should our plant foot be to pass the ball on the move? Where should our first touch lead us?
Activity 2	<p>Cops and Robbers I:</p> <ul style="list-style-type: none"> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid. Robbers will strike the ball and try to knock the cone (the banks) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. The Coach starts as the guard, and then selects players to be the guard. 		<ul style="list-style-type: none"> What surface of the foot to use to strike the ball? From how far? How to dribble and strike the ball? How to avoid the cop and strike the cone?
Activity 3	<p>Cops and Robbers II:</p> <ul style="list-style-type: none"> The coach sets up 8-10 stand up (tall) cones in a 15x20 yard grid Pair up two players and one ball, they the Robbers, will pass the ball to each other and try to knock down the cone. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers. The Coaches may start as the guards, then selects players. 		<ul style="list-style-type: none"> How hard or soft can we strike a pass? What parts of the foot do we dribble with or pass the ball? How do we get the passes to be accurate? How do we make a harder pass?
Activity 4	<p>Up and Down Numbers Get "Outta" There:</p> <p>The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there".</p> <p>Coach: play 1v2, 2v3, or 4v3. They should vary the service.</p>		<ul style="list-style-type: none"> Who, When, Where, Why What and How to Attack? Who, When, Where, Why, What and How to Defend?
Match	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.		25 minutes



2013 - U8 - Fall Lesson Plan - Week 6



Stage	Activity Description	Diagram	Guided Questions
<p>Activity 1</p>	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch ○ Laces (push) - Stop with bottom of the foot and Change foot 		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces are needed to complete the task? • Where are your eyes looking? • What should the player say while performing the task? <p>“Outside - Laces - Bottom”</p>
<p>Activity 2</p>	<p>Two Turns: Set up as shown (see diagram). Pair up the players and place each player on the end line. One player will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then RWB to the last cone. The player that arrives to the last cone first gets 10 points</p> <p>Turns are:</p> <ul style="list-style-type: none"> • Inside of the foot cut, Outside foot hook and Drag Back 		<ul style="list-style-type: none"> • How can we move the ball quickly over a big space? • What surface of foot should we use to turn with the ball? • How do we change directions? • What are some ways we can make the ball start and stop?
<p>Activity 3</p>	<p>Dribbling Gates With Bandits: In a 20Wx25L yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the “Bandits”; they will try to dispossess the players trying to score points by dribbling through the gates. When the bandit steals the soccer ball switches with the player who lost the ball.</p> <p>Coach: Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.</p>		<ul style="list-style-type: none"> • What should you do if you see a bandit coming to get your ball? • After going through a gate, should you go fast to next gate or slow? Why?
<p>Activity 4</p>	<p>4 Corner Dribbling to End Zones: In 15Wx20L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Where will you first touch go? • What surface of the foot should you use to dribble? • When and where should you dribble? • What can the defender do to stop the dribbler? • When should you pass?
<p>Match</p>	<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>



2013 - US - Fall Lesson Plan - Week 7



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Follow the Leader: Set up a course as shown with same colored cones opposite each other. 1 player is the leader the other player is the follower. Leader dribbles to a cone of a different color and then waits for the follower to get to the opposite cone of the same color. Variation: Leader calls out a color and the two players race to that color cone, both players cannot be at the same cone, Call out more than 2 colors in sequence.</p>		<ul style="list-style-type: none"> • How can we move the ball quickly over a big space? • What surface of foot should we use to turn with the ball? • How do we change directions? • What are some ways we can make the ball start and stop?
Activity 2	<p>Cross Over Dribbling: All players with a ball standing around the perimeter of a 15Wx20L yard grid. When the coach says “GO” the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots. Variation 2: Have them reach the other side and return to another spot. Variation 3: Players must do 10 toe taps if they are last or run into another player.</p>		<ul style="list-style-type: none"> • When is it ok to kick the ball further in front of you? • Why would you want to keep the ball close? • What part of your foot can you use if you want to go fast? • How do you know where the other players are on the field? • What part of your foot can you use the stop the ball?
Activity 3	<p>Get “Outta” There in 2’s or 3’s: The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with a small goal on each end line. The coach serves a ball into the grid and 2 players from each team try to gain possession and score in their opponent’s goal. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there” and all the layers leave the field. Coach: Can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field.</p>		<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
Activity 4	<p>4 Corner Shooting Without Goalkeepers: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field. The first player in each corner comes out and plays 2v2. The game is over when one team scores or the ball goes out of bounds. Players need to get off the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Who, when, Where, Why, What and How to attack? • Who, when, Where, Why, What and How to defend?
Match	<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>

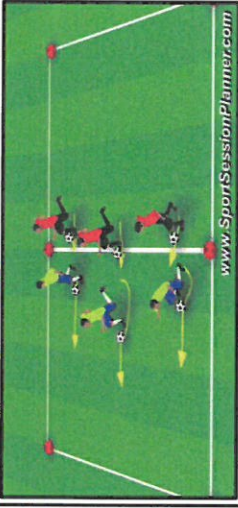
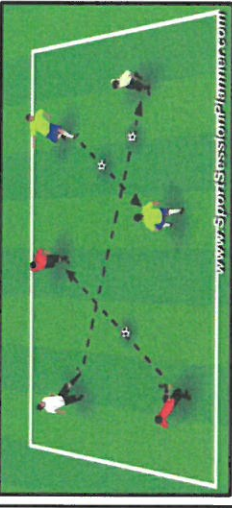
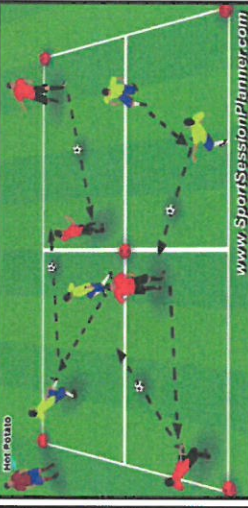
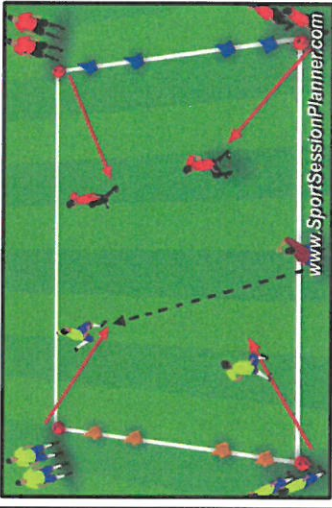
2013 - U8 - Fall Lesson Plan - Week 7





2013 - U8 - Fall Lesson Plan - Week 8



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Cats and Dogs: A 20Wx30L yard grid divided in two halves. All Payers get a partner; one player is a CAT and the other a DOG. Both players stand on the midline next to each other When the coach calls CAT or DOG, that player will try to dribble to the end line before the other player.</p>		<ul style="list-style-type: none"> How far should the ball be from the dribbler? What surfaces to use? When and how to run with the ball and change directions? How to stop the soccer ball?
Activity 2	<p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20Wx25L yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use their other foot</p>		<ul style="list-style-type: none"> How to pass and receive? Who to pass to? Why to pass? What to say and where to move to? What surface of foot and ball to strike?
Activity 3	<p>Hot Potato: A 20Wx30L yard grid divided into four areas. Place at least two players in each area with a soccer ball. Players will be passing and moving within their area. When the coach says "HOT POTATO" the players in each grid will pass their soccer ball clockwise to the other grid. Variation: have a group of 3 in each area</p>		<ul style="list-style-type: none"> How to pass and receive? Who to pass to? Why to pass? What to say and where to move to? What surface of foot and ball to strike?
Activity 4	<p>4 Corner to 4 Goals: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.</p>		<ul style="list-style-type: none"> When and how to protect the soccer ball? What surfaces to use dribble past the opponent? When and how to run with the ball and change directions? What to do to beat the defender? What surface to use to strike the ball and when?
Match	4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U8 - Fall Lesson Plan - Week 9

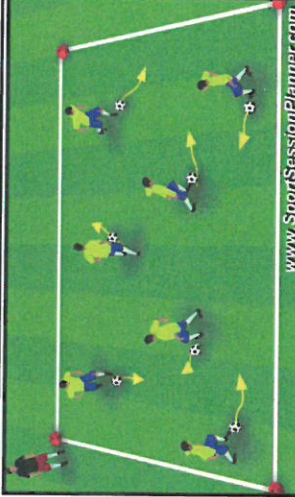
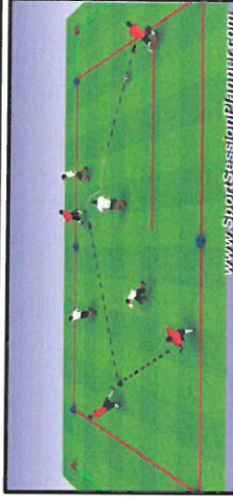
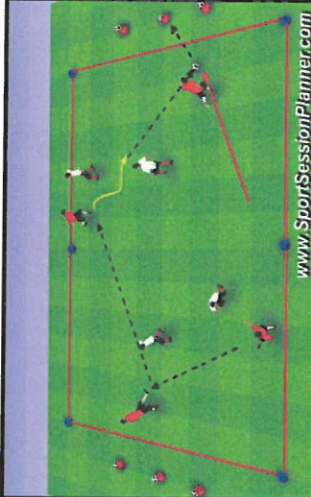



Stage	Activity Description	Diagram	Guided Questions
<p>Activity 1</p>	<p>Get their Cones: Divide the players in to two teams and assign cone Guards and Raiders per team. Place several cones in a zone guarded by one or two players. The Raiders will dribble to the other team's zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone. The Guards can catch the ball, block the shot or kick the ball away. They must pick up any downed cone that still is inside the zone.</p>		<ul style="list-style-type: none"> • What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the guards and strike the cone?
<p>Activity 2</p>	<p>Boston Bulldog with Goals: Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone. Place at least 4 players in the starting zone with a ball behind the line. Have at least 3 defenders in the defending zone and in the shooting zone place 3 small goals, each 2 yards wide. When the coach says go the dribblers run into the defending zone if they go past the defenders they will be able to shoot. If the defender gets the ball they switch places. Play to 5 goals</p>		<ul style="list-style-type: none"> • When and how to protect the soccer ball? • What surfaces to use? • When and how to run with the ball and change directions • What to do to beat the defender? • What surface to use to strike the ball?
<p>Activity 3</p>	<p>4 Corner 3v3 Dribbling to End Zones: In 20Wx25L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Place three cones behind each end zone, place two players of the same team by each cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each cone comes out to play 3v3. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
<p>Activity 4</p>	<p>4 Corner 3v3 to 4 Goals: In a 20Wx25L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Place three cones behind each end line, place two players of the same team by each cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each cone comes out to play 3v3. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
<p>Match</p>	<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>



2013 - U8 - Fall Lesson Plan - Week 10



Stage	Activity Description	Diagram	Guided Questions
<p>Activity 1</p>	<p>6 Surfaces: Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Sole, Toe and Turn with the Heel. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and - Push with the toe, Turn with the Heel and Change foot.</p>		<ul style="list-style-type: none"> How far should the ball be from the dribbler? What surfaces are needed to complete the task? Where are your eyes looking? What should the player say while performing the task? “Outside – Inside - Laces - Sole, Toe and Heel Turn”
<p>Activity 2</p>	<p>4v4 to End Zones: In a 20Wx25L yard grid, place an End Zone of one yard wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.</p>		<ul style="list-style-type: none"> Who, When, Where, Why What and How to Attack? Who, When, Where, Why, What and How to Defend?
<p>Activity 3</p>	<p>4v4 Hit the Ball Off the Cone: In a 20Wx25L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring:</p> <ul style="list-style-type: none"> Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1 point <p>No players are allowed in the end zone.</p>		
<p>Activity 4</p>	<p>4v4 to 4 Goals: In a 20Wx25L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>		
<p>Match</p>	<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>