



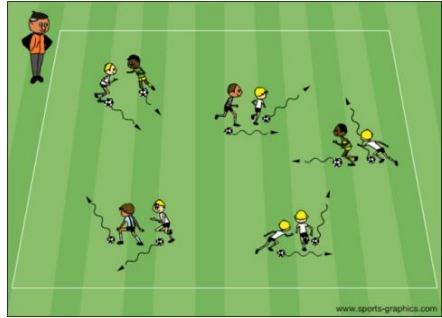



**Under 8
Spring
Training
Sessions**

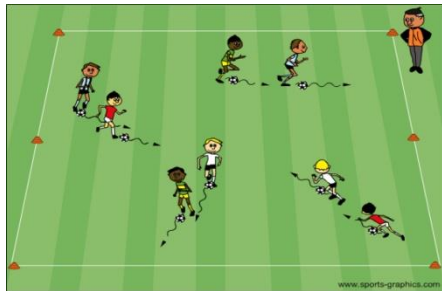
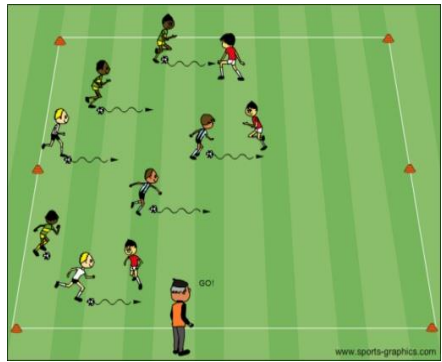
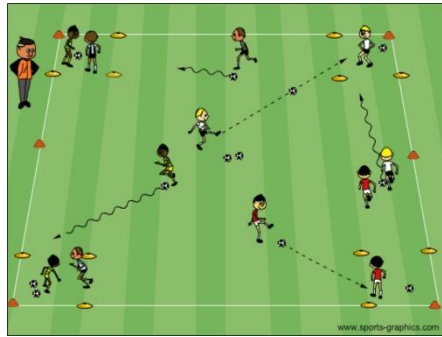
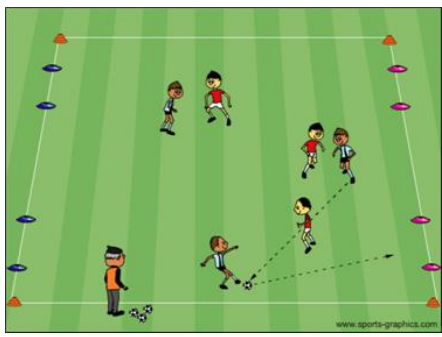



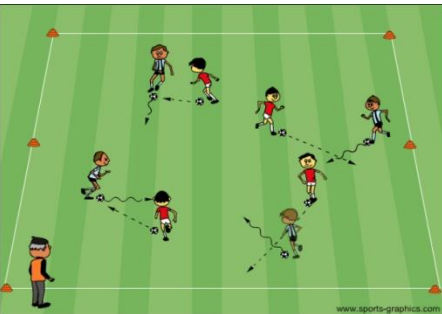

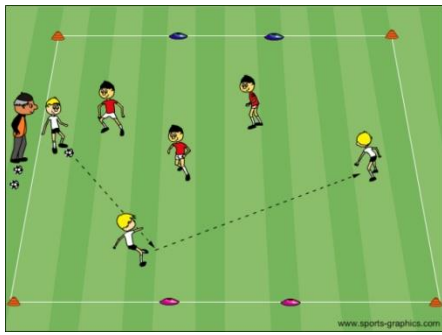
2012 - U8 - Spring Lesson Plan

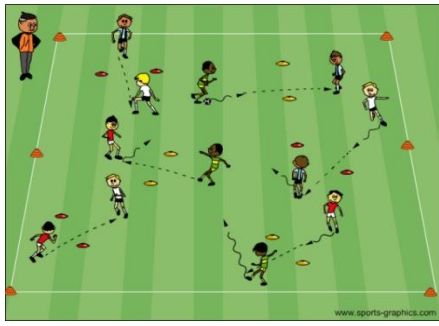

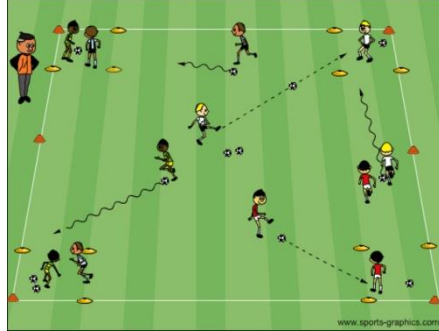



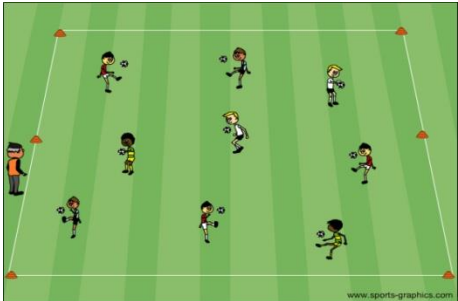
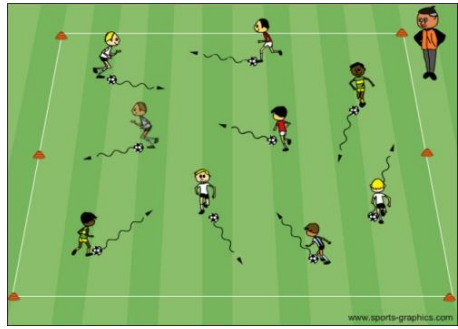


| Lesson Plan Topics | | |
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| Activity 1 | Activity Description | Coaching Considerations |
|--|---|--|
|  | <p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> | <ul style="list-style-type: none"> • Dribbling with different surfaces of the foot • Ability to stop and go • Dribble with the head up • Sudden change of direction <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p>Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p> | <ul style="list-style-type: none"> • Protecting the ball • Dribbling with different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p>Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p> | <ul style="list-style-type: none"> • Body sideways on to opponent • Use arm to protect and know where defender is going • Knees bent • Turn as defender attacks or reaches for the ball <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>3v3 to End Zones: In a 20x25 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"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |

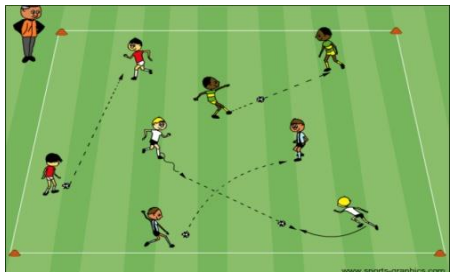
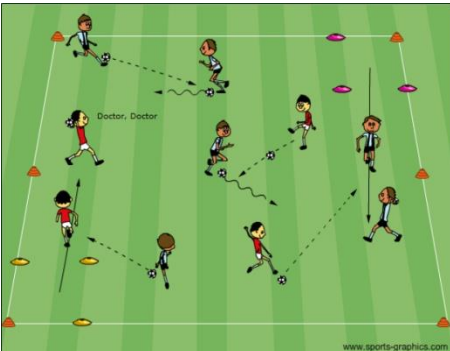
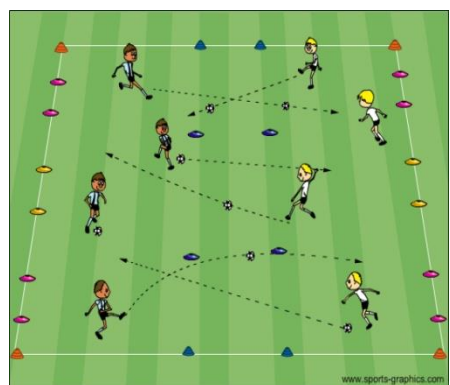

| Activity 1 | Activity Description | Coaching Considerations |
|--|--|--|
|  | <p>Shadow Dribble: Two players (Leader and Shadow) each with a ball will dribble their soccer balls in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p>Coach: Call the change from leader to shadow.</p> <p>Version 2: Use only favorite foot or other foot.</p> <p>Version 3: Leader must make a move.</p> | <ul style="list-style-type: none"> • Dribbling with head up • Running with the ball • Using different foot surfaces • Changing direction <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Sharks and Minnows: In a 20x25 yard grid, have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says “GO”, the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.</p> | <ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Keep the ball close • 1v1 defending <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p> | <ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>3v3 to 4 Goals: In a 20x25 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> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |


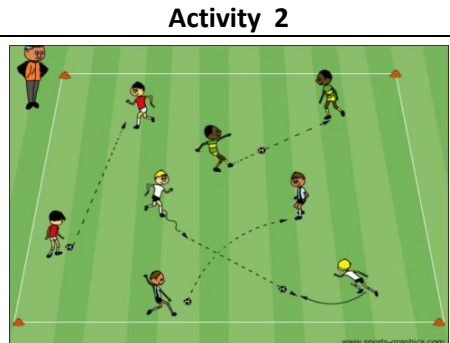

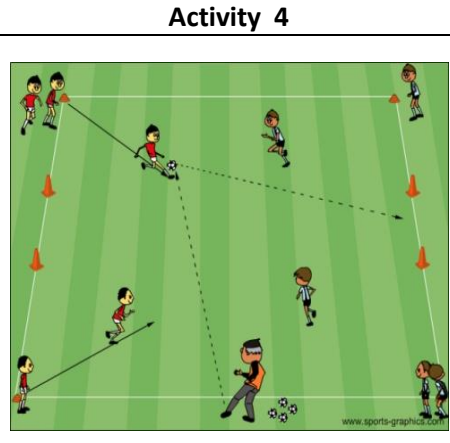
| Activity 1 | Activity Description | Coaching Considerations |
|--|--|--|
|  | <p>Ball Tag: All players are dribbling a soccer ball in a 20x25 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p> | <ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determined time, the teams switch roles.</p> <p>Coach: Can help taggers add their points.</p> <p>Version 2: Taggers can only tag the dribblers' ball.</p> | <ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) 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.</p> <p>Version 2: If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Dribbling Technique <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>3v3 to Small Goals: Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: If you have extra players, make sure you sub them in.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |


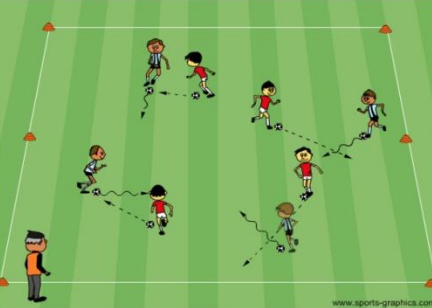
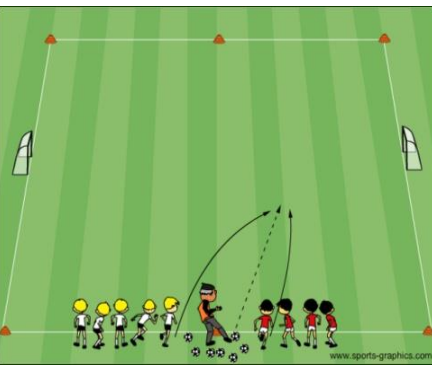
| Activity 1 | Activity Description | Coaching Considerations |
|--|---|---|
|  | <p>Gate Passing: In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat the 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 their other foot.</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Dribbling technique • Decision making • Weight and accuracy of the pass • Communication and mobility <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Ball Tag: All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player. Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p> | <ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases. Coach: Call time and each team counts the balls they have collected.</p> | <ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>2v2 to 4 Goals: Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 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. Coach: have two games going at the same time. If you have extra players, make sure you sub them in.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
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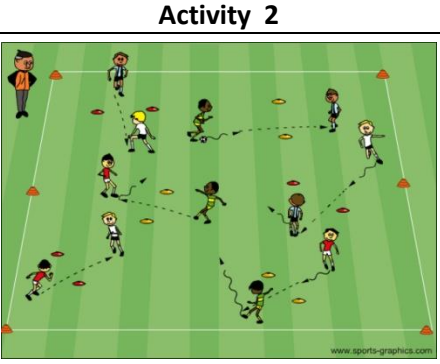
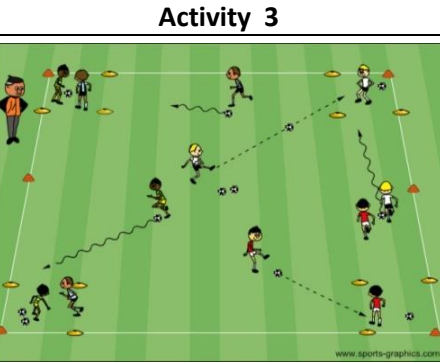
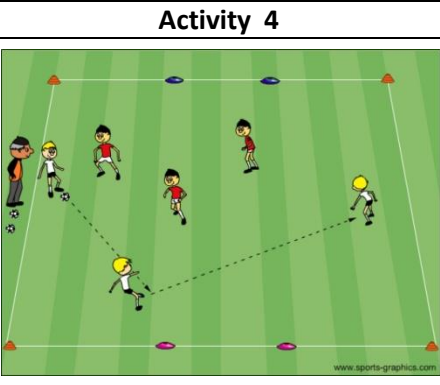
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|--|---|---|
|  | <p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p> | <ul style="list-style-type: none"> • Hand, eye, foot coordination • Use foot and thigh <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using the inside, outside, and sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling.</p> <p>Version 3: Players can dribble at each other and perform a move and accelerate away.</p> | <ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their heads up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>1v1 to End-Lines: Divide a 20x25 yard grid into two even grids. Make two groups, one with the balls and the other without the balls at opposite ends of the grid. At coach's command, the 1v1 game begins. The game ends when the player with the ball scores by dribbling under control over the opposing players' line. If the defender gets the ball, he/she tries to score.</p> <p>Coaches: After each 1v1 bout, players switch sides.</p> | <ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>2v2 to End Zones: Divide the 20x25 yard grid into two equal grids of 12x20 yards, with a one yard buffer zone in between. Make a one yard wide End Zone 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"> • Application of dribbling, and passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
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| Activity 1 | Activity Description | Coaching Considerations |
|--|--|---|
|  | <p>Shadow Dribble: Two players (Leader and Shadow) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader.</p> <p>Coach: Call the change from leader to shadow</p> <p>Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> <p>Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p> | <ul style="list-style-type: none"> • Protecting the ball • Dribbling with different surfaces of the foot <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>1v1 to Cross Goals: In a 10x15yd 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 attacker starts with a soccer ball trying to score by dribbling through any of the two furthest goals. The defender is trying to defend the goals closest to him/her. If the defender gets the ball, he/she tries to score in the opponent's goal. The game ends when one player scores or the ball rolls out. Two new players go.</p> | <ul style="list-style-type: none"> • Keep soccer ball close to feet • Sudden change of direction • Burst of speed • Defending – tackling • Shielding • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
|  | <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"> • Application of dribbling, passing-receiving technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
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| Activity 1 | Activity Description | Coaching Considerations |
|--|---|---|
|  | <p><u>Paint the Field- Passing:</u> In pairs, players will pass the soccer ball back and forth in a 20x25 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 to paint as much of the grid as possible in the allotted time.</p> <p>Version 2: Tell the players to use their other foot</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p>Time: 6 minutes</p> |
|  | <p><u>Doctor, Doctor:</u> Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p> | <ul style="list-style-type: none"> • Dribbling technique • Protect the ball • Passing technique • Weight and accuracy of the pass <p>Time: 8 minutes</p> |
|  | <p><u>Clean Your Backyard:</u> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players on each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.</p> <p>Version 2: Allow teams to defend the goals using their hands</p> | <ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p>Time: 8 minutes</p> |
|  | <p><u>3v3 to 4 Goals:</u> In a 20x25 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> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p> |
| <p>Scrimmage</p> | <p>Activity Description</p> | <p>Time</p> |
| <p>4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p>30 minutes</p> |

| Activity 1 | Activity Description | Coaching Considerations |
|--|--|--|
|  | <p>Paired Tag: In a 20x25 yard grid, pair players up (Tagger and Dribbler) each with soccer balls. The Dribblers are given a 2 second start to get away from the taggers. The tagger dribbling his/her soccer ball tries to tag the dribbler. Once the dribbler is tagged, the roles reverse and the chase starts again.</p> | <ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 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.</p> <p>Version 2: Tell the players to use their other foot</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Ability to pass through traffic • Communication and mobility of the players <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Cops and Robbers: The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) 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.</p> <p>Version 2: If you do not have tall cones, divide the group into half cops and half robbers, and place the cops' balls on top of discs.</p> | <ul style="list-style-type: none"> • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Dribbling Technique <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>4 Corner Shooting Without Goalkeepers: In 20x25 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 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 or the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p> <p>Version 2: Add Goalkeepers</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p style="text-align: center;">4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |

| Activity 1 | Activity Description | Coaching Points |
|--|--|--|
|  | <p>Free Dribble: All players are dribbling a soccer ball in a 20x25 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p> | <ul style="list-style-type: none"> • Challenge players to use different surfaces of foot • Players must dribble with their head up • Encourage the players to try a new move <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Team Tag: Split the players into two teams (Dribblers and Taggers). The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles.</p> <p>Coach: Can help taggers adding their points. Version 2: Taggers can only tag the dribblers' ball.</p> | <ul style="list-style-type: none"> • Dribbling technique • Passing and receiving technique • Weight of the pass • Accuracy of the pass • Protecting the ball <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals.</p> <p>Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands.</p> | <ul style="list-style-type: none"> • Basic Shooting technique • Simple decision making <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p>Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals 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 yells "Get outta there".</p> <p>Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p> | <ul style="list-style-type: none"> • 1v1 dribbling • 1v1 defending • Scheming and creativity • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| <p style="text-align: center;">Scrimmage</p> | <p style="text-align: center;">Activity Description</p> | <p style="text-align: center;">Time</p> |
| <p>4v4 - Dual Field Scrimmage</p> | <p>Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.</p> | <p style="text-align: center;">30 minutes</p> |

| Activity 1 | Activity Description | Coaching Points |
|--|---|---|
|  | <p><u>Dribbling Gates With Bandits:</u> In a 20x25 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 with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.</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"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making • 1v1 defending <p style="text-align: right;">Time: 6 minutes</p> |
|  | <p><u>Gate Passing:</u> In a 20x25 yard grid, set up many 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.</p> <p>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"> • Passing and receiving technique • Dribbling Technique • Decision Making • Weight and accuracy of the pass • Communication and mobility <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p><u>Capture the Balls:</u> Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p> | <ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p style="text-align: right;">Time: 8 minutes</p> |
|  | <p><u>3v3 to Small Goals:</u> Divide the 20x25 yard grid into to equal grids of 12x20 yards. Place a 3yard goal with cones on each end line. Players will score by dribbling or passing through the goal they are attacking.</p> <p>Coach: If you have extra players, make sure you sub them in.</p> | <ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p style="text-align: right;">Time: 8 minutes</p> |
| Scrimmage | Activity Description | Time |
| 4v4 - Dual Field Scrimmage | Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing. | 30 minutes |