

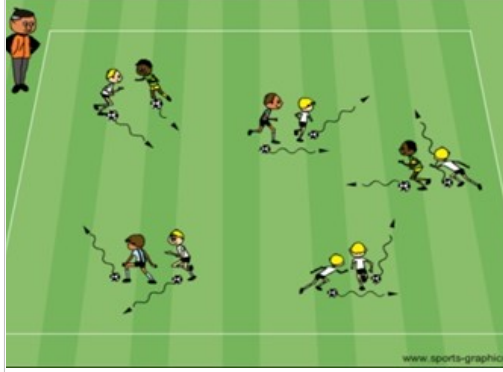
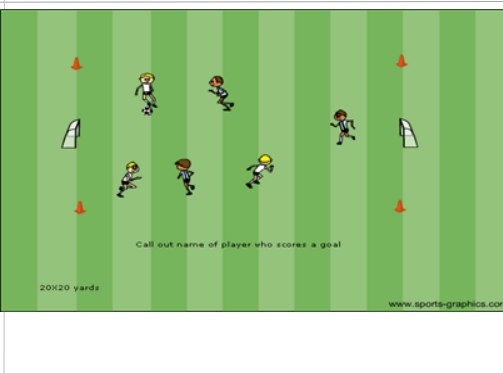


SKILL	Soccer Ready		
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<p>8-10 mins</p>	<p>Play- as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p>Let them play</p>
<p>#1</p> <p>8 mins</p>	<p><u>Introduce Soccer Ready</u></p> <p>All players dribbling there soccer ball. When a coach says soccer ready position players must stop the ball and lightly put the sole of their foot on the soccer ball and look up at the coach.</p>		<p>You will use the soccer ready position throughout the season when you want to explain a new activity to your players. This will get their attention .</p>
<p>#2</p> <p>8 mins</p>	<p><u>Red Light Green Light</u></p> <p>Players are dribbling their soccer ball in a 15X20 box. When the coach say “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p>		<p>Have the players use only one foot then switch to the other foot.</p>
<p>#3</p> <p>8 mins</p>	<p><u>Go Get'em</u></p> <p>Players dribble the soccer ball and attempt to tag each other with their hands. Players must keep the ball close to their feet when trying to tag someone. Keep track of how many players you tag.</p>		<p>Players keep count of their own tags. If playing more than one game, have players improve their tags.</p>
<p><u>PLAY</u></p> <p>15 mins</p>	<p><u>Small Sided Games</u></p> <p>3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).</p>		<p>Let them play</p>