

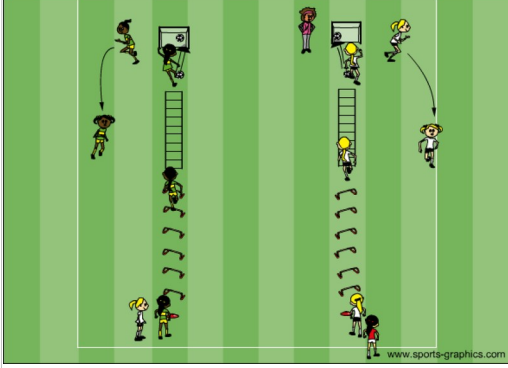



SKILL	Soccer Ready		
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
<p>8-10 mins</p>	<p>Play- as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yrds X 20yrds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p>Let them play</p>
<p>#1</p> <p>8 mins</p>	<p><u>Keep It From The Coach</u></p> <p>All players dribbling the soccer ball away from the coach. The coach chases the players and tries to knock their ball away</p>		<p>Make silly noises and change direction and speed when trying to knock the balls away</p>
<p>#2</p> <p>8 mins</p>	<p><u>Find The Treasure</u></p> <p>Players with a ball start in a coned off area as a group. On the coaches command players dribble the ball inside the playing area & look under each cone trying to find the hidden treasure. Players who find the treasure must dribble back to starting area with treasure and they get to hide it for the next game.</p>		<p>Treasure can be water bottle, pinny, or you can bring stickers, candy etc</p> <p>Make sure everyone gets a chance to find the treasure.</p>
<p>#3</p> <p>8 mins</p>	<p><u>Agility Course:</u></p> <p>Set up 3-4 courses side by side depending on your numbers. Divide up your team into 3 or 4 even lines with no more than 3 per line. Players must complete the course and run back in line.</p>		<p>Suggested course; run over 6 hurdles, agility ladder, shoot the ball in the pop up goal. You can have them run over the hurdles or thru the ladder different ways. (hop, hop on one foot, sideways)</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 (15yrds X 20yrds).</p>		<p>Let them play</p>