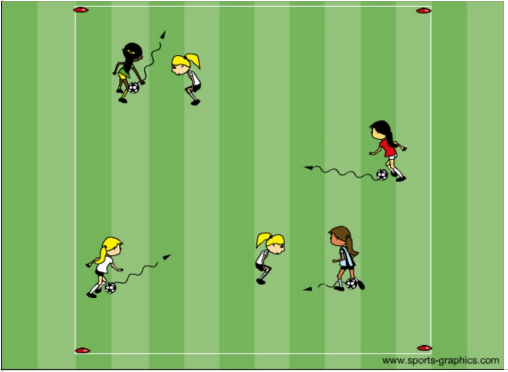
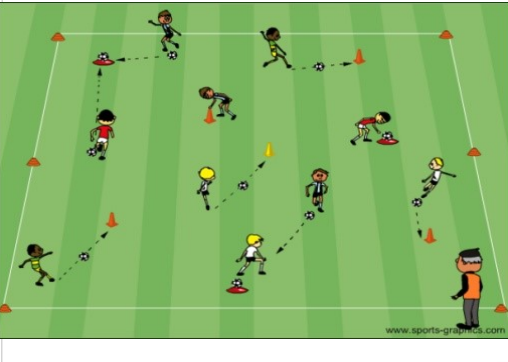
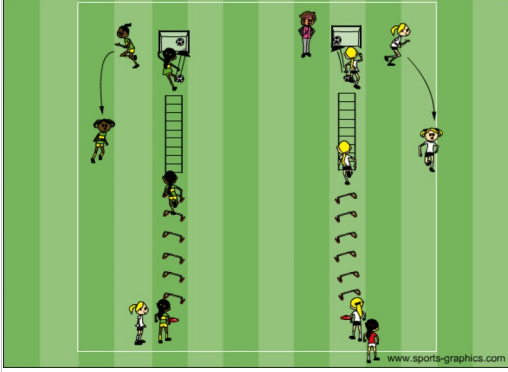



| SKILL | Soccer Ready | | |
|---|---|--|--|
| | | | |
| | <u>Activity Description</u> | <u>Set Up Diagram</u> | <u>Coaching Points</u> |
| <p>8-10 mins</p> | <p>Play- as players arrive have them join in a small sided game</p> | <p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p> | <p>Let them play</p> |
| <p>#1</p> <p>8 mins</p> | <p><u>Hopping Around</u></p> <p>All players with a ball except two players who are rabbits. They must hop along and try to kick the ball away from the players dribbling. They must hop!</p> |  | <p>Players dribbling the ball try to keep their head up to avoid the rabbits</p> |
| <p>#2</p> <p>8 mins</p> | <p><u>Cops & Robbers</u></p> <p>Each player with a ball(robbers) except 2-3(cops). Cones(banks) are setup inside the box. Robbers dribble their ball and try to knock over the banks while the cops run around fixing the banks after they are robbed. If you do not have large cones you can use discs and have the robbers dribble to the cone and turn them over with their hand.</p> |  | <p>Change the robbers every few minutes</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 (15yds X 20yds).</p> |  | <p>Let them play</p> |