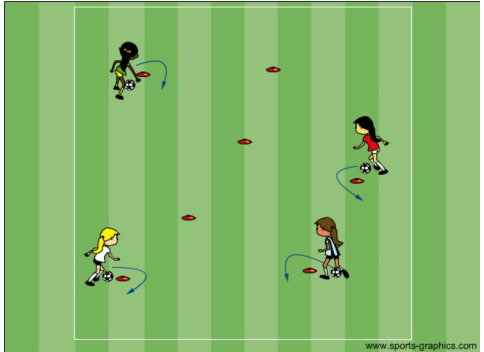
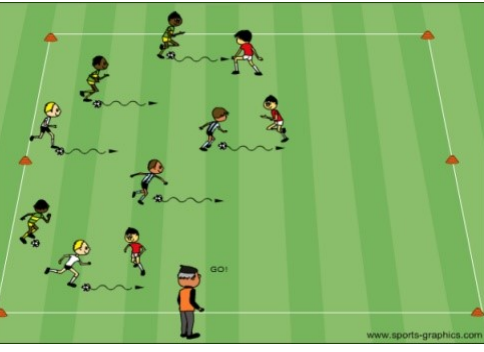
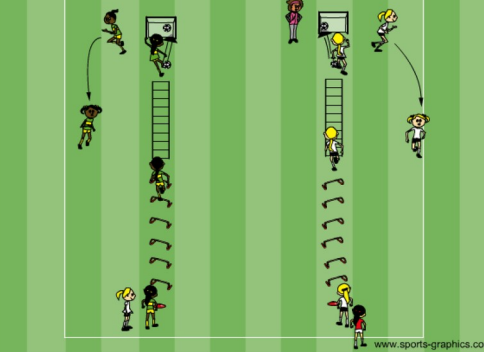



SKILL	Soccer Ready		
8-10 mins	<p>Play- as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	<p>Let them play</p>
	<p><u>Activity Description</u></p>	<p><u>Set Up Diagram</u></p>	<p><u>Coaching Points</u></p>
#1 8 mins	<p><u>Circle The Cones</u> All players with a ball try to dribble in a circle around as many cones as they can. Progression: require them to touch the cone with their hand after they go around the cone.</p>		<p>Have the players count how many times they circle a cone.</p>
#2 8 mins	<p><u>Sharks and Minnows</u> In a 15x20 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, they become a shark. Minnows continue to try and stay in the game.</p>		<p>The game continues until all players turn into sharks.</p>
#3 8 mins	<p><u>Agility Course:</u> 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>
<u>PLAY</u> 15 mins	<p><u>Small Sided Games</u> 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>