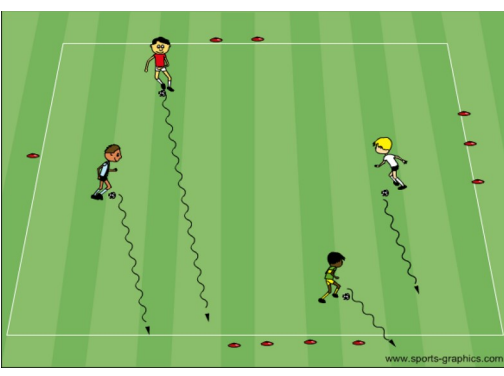
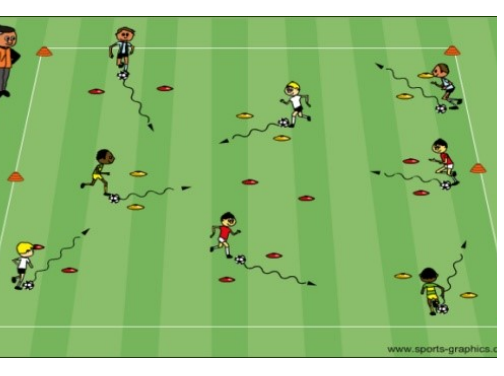
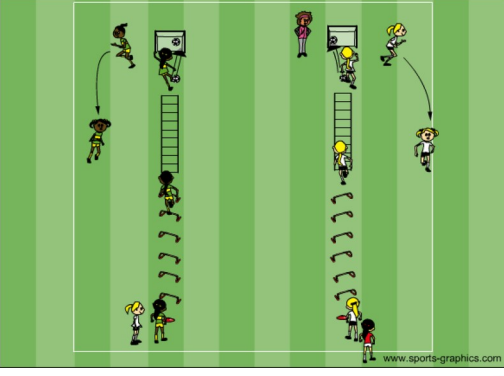
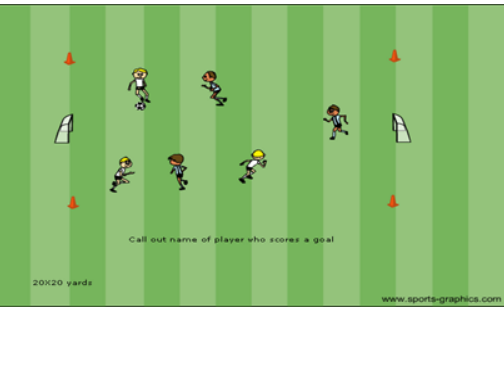


SKILL	Soccer Ready		
8-10 mins	<b>Play-</b> as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<b><u>Activity Description</u></b>	<b><u>Set Up Diagram</u></b>	<b><u>Coaching Points</u></b>
#1  8 mins	<b><u>Know The Numbers:</u></b> All players dribble a soccer ball inside the playing area. The coach calls out a number and the players must dribble to the side that has that number cones. Once all the players reach that side, have the players start dribbling again and listen for a new number.		You can have them get in soccer ready position when they reach the side.
#2  8 mins	<b><u>Gates Dribbling:</u></b> All players with a ball try to dribble through as many gates as possible. <b>Coach:</b> Have the players count how many times they dribble through a gate.		Try to beat their score each time.
#3  8 mins	<b><u>Agility Course:</u></b> 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.		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)
<b><u>PLAY</u></b>  15 mins	<b><u>Small Sided Games</u></b> 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).		Let them play