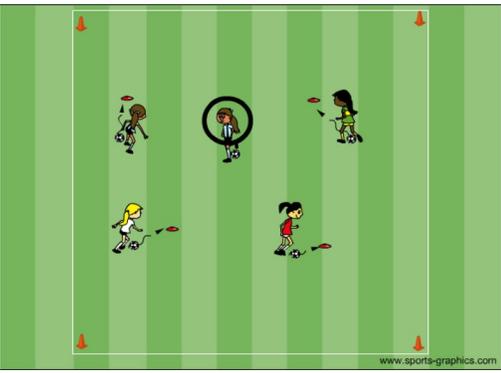
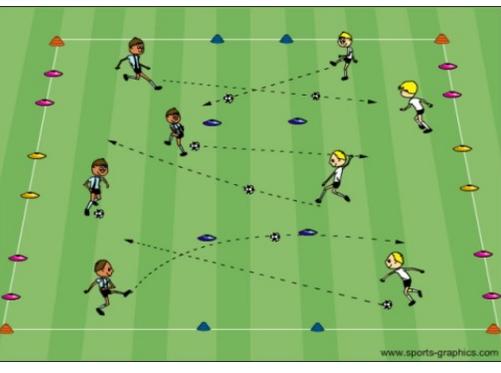
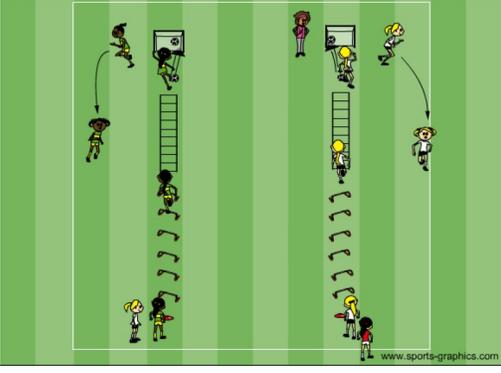
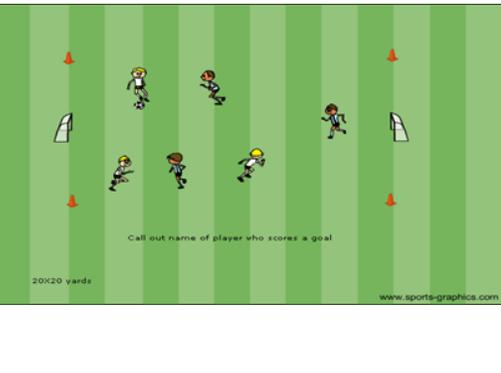


SKILL	Soccer Ready		
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 8 mins	<u>Musical Cones:</u> Players dribble their ball inside the playing area. On the coaches command they must dribble to a cone & get in the soccer ready position. Player who is last and does not have a cone does 5 toe touches and a new game begins.		there should be one less cone than there are players. Just like musical chairs. If you can, bring music & when the music stops they must dribble to a cone. .
#2 8 mins	<u>Clean your Backyard:</u> Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals.		Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands.
#3 8 mins	<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.		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)
<u>PLAY</u> 15 mins	<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).		Let them play