

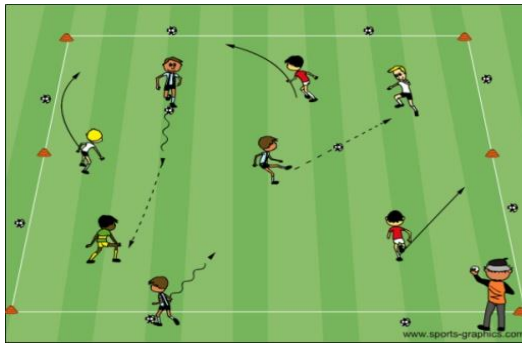
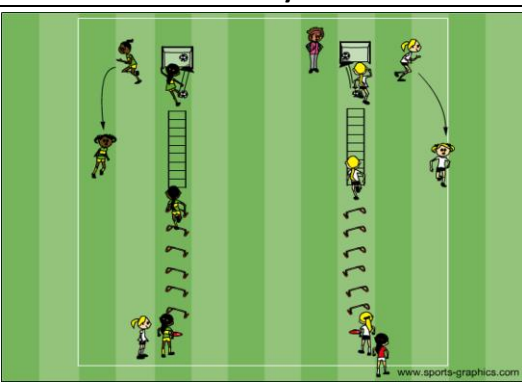


Activity 1	Activity Description	Time
	<p><u>Circle The Cones:</u></p> <p>All players with a ball try to dribble in a circle around as many cones as they can.</p> <p>Coach: Have the players count how many times they circle a cone.</p> <p>Version 2: require them to touch the cone with their hand after the go around the cone.</p>	<p>10 Minutes</p> <p><i>Water break in between each activity</i></p>
	<p><u>Ouch:</u></p> <p>All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit the coaches feet with their soccer ball. Players should keep count of how many times they hit the coach.</p> <p>Version 2: If the players hit the coach 5 times the coach has to do 5 pushups or jumping jacks.</p>	<p>10 Minutes</p> <p><i>Water break in between each activity</i></p>
	<p><u>Catching Robbers:</u></p> <p>All players are spread around a 15x20 grid; only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls. Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.</p> <p>Coach: Place the balls that are not being used around the perimeter of the grid.</p>	<p>10 Minutes</p> <p><i>Water break in between each activity</i></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>Coach: 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>10 Minutes</p> <p><i>Water break in between each activity</i></p>
<p>Field Set up</p>	<p>Make 3 practice areas 20X20 yards using cones. Make sure there is a good distance in between each area. The agility course should be set up away from the 3 areas.</p>	