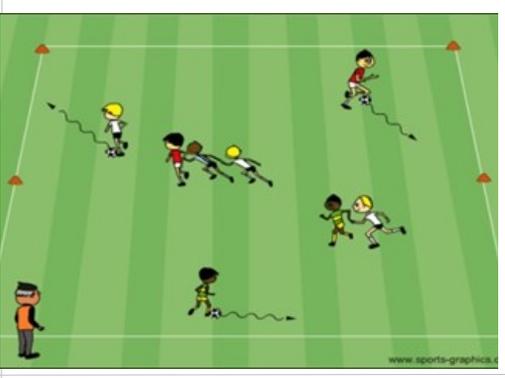
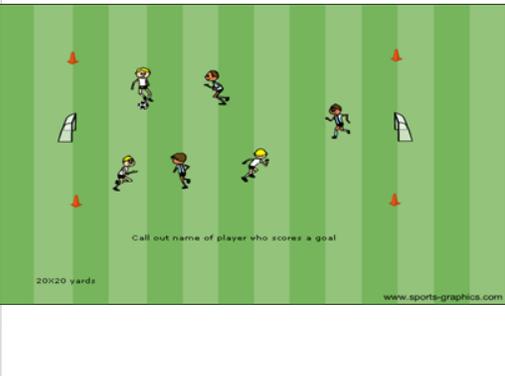


SKILL	Soccer ready position Toe Touches		
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
<u>Activity Description</u>		<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 12 mins	<u>Dribble Your Way</u> All players are dribbling a soccer ball in a 15x20 yard area. Have them try to use their inside, outside, and the sole of their foot.		Make sure they change direction. Coach add pressure on them as they dribble Players can dribble towards each other and preform a move.
#2 12 mins	<u>Moving Wall</u> Players are dribbling a soccer ball with the exception of at least 2 players. The 2 players hold hands or lock arms to create a mini wall. The wall works together to tag the dribbling players who then become a part of the wall. The wall must try to stay connected and not break into little parts.		Dribblers try to avoid the wall. The wall needs to work together to tag the dribblers. Time the wall to see how fast they get all the players.
#3 12 mins	<u>Freeze Tag</u> Players are dribbling a soccer ball. 1-2 players dribble a soccer ball, but they are the freeze players. The freeze players tag other players who then freeze with the soccer ball above their head. Frozen players can get unfrozen by dribbling through their legs. The activity ends when all players are frozen.		Dribblers need to keep their head up to avoid the freeze players..
<u>PLAY</u> 20 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..