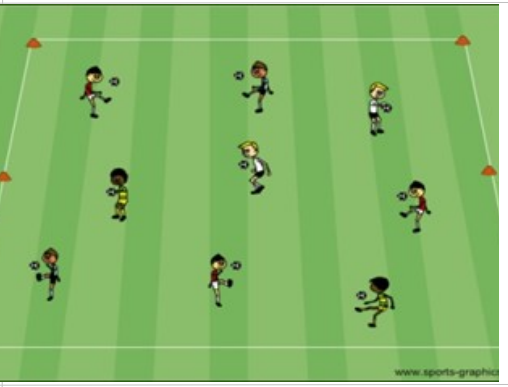
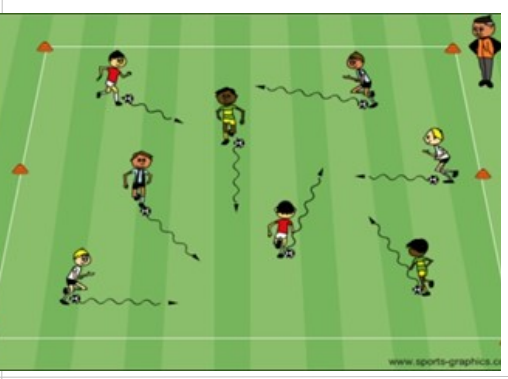




SKILL	Turns/Drags		
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 12 mins	<u>Juggling</u> Players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Have players try to use their thighs and feet to keep the ball in the air. Let the ball bounce once and give it a try.		Let them experiment with the bouncing ball. Have them throw it up certain heights. Try to beat their record over weeks of practice. Encourage practicing at home.
#2 12 mins	<u>Mow the Field</u> Players dribble their soccer ball in a 15x20 yard grid pretending that the ball is a lawn mower. The players will try to mow as much of the area as possible in a certain amount of time. Find open spaces.		Have the players use only one foot then switch to the other foot.
#3 12 mins	<u>Red Light Green Light</u> Players are dribbling freely When the coach say “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.		Add other colors: Silver light-hide behind the ball Pink light-run around the ball
<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