

SKILL	Pull backs/boxing		
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>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. Quick decision making
#2 12 mins	<u>Gate Dribbling:</u> In a 15x20 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point. Have players keep count of how many points they score in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points.		Have the players use only one foot then switch to the other foot.
#3 12 mins	<u>Catching Robbers:</u> 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.		Accurate passing Change of direction to escape the cops Look for open areas of the field
<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