

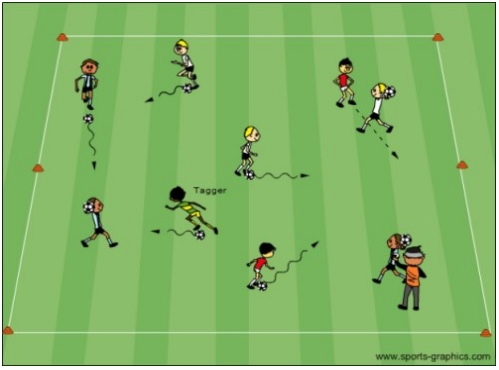



SKILL	Stop & Push		
8-10 mins	<p><b>Play-</b> as players arrive have them join in a small sided game</p>	<p>Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only</p>	Let them play
	<p><b><u>Activity Description</u></b></p>	<p><b><u>Set Up Diagram</u></b></p>	<p><b><u>Coaching Points</u></b></p>
<p><b>#1</b>  12 mins</p>	<p><b><u>Circle the cones:</u></b> All players with a ball try to dribble in a circle around as many cones as they can.  Have the players count how many times they circle a cone.  Require them to touch a cone with their hand as they go around it</p>		<p>Tight turns around the cone  Increase the speed of the dribble</p>
<p><b>#2</b>  12 mins</p>	<p><b><u>Tag:</u></b> All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.  <b>Coach:</b> Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p>		<p>Keep the ball close to your body  Head up to find open spaces  Change direction</p>
<p><b>#3</b>  12 mins</p>	<p><b><u>Freeze Tag:</u></b> Players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.</p>		<p>One coach may be the freeze monster while another is unfreezing .</p>
<p><b><u>PLAY</u></b>  20 mins</p>	<p><b><u>Small Sided Games</u></b> 3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).</p>		Let them play