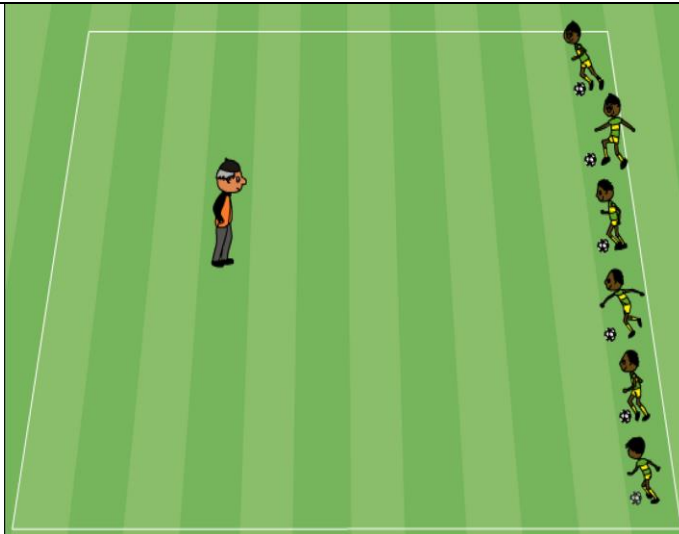
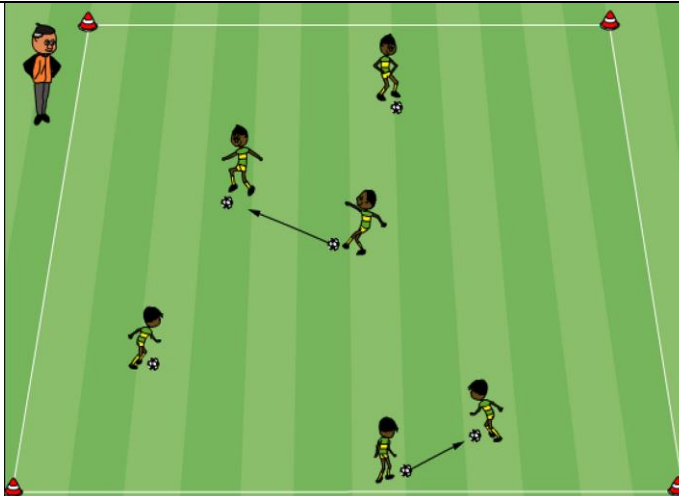
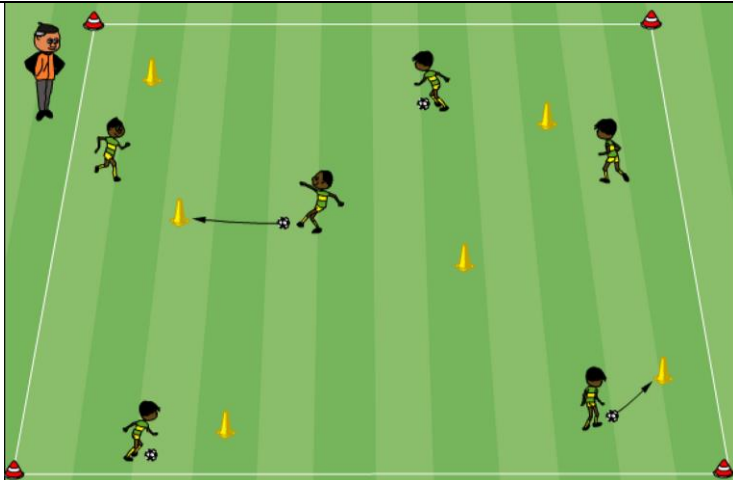
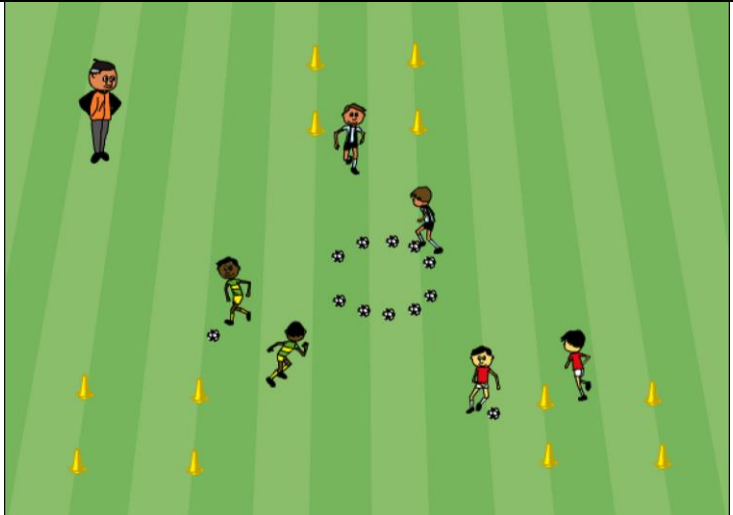



| Activity Name | Description | Diagram | Purpose/Coaching Points |
|------------------------------------|---|--|--|
| <p>1 Red Light/Green Light</p> | <p>All players dribble soccer balls in a grid. When the coach yells out green light players dribble fast, red light--stop and put foot on top of ball, yellow--slow. Add more colors slowly: blue--hide behind ball, black--dance, purple--run around your ball, orange--hop over your ball back and forth.</p> |  | <p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction. Make sure not to add more than 2 colors at one time so children can learn progressively. Make sure to ask players how can you dribble your fastest? Ask for demonstrations of new ways to change direction too.</p> |
| <p>2 Ball Tag</p> | <p>Players dribble in the grid and try to kick their ball and hit other players' balls. Have them count how many times they hit other balls.</p> |  | <p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; shooting—timing and accuracy; basic shielding. How can you use your body prevent your ball from being hit?</p> |

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|-----------------------------------|--|---|---|
| <p>3</p> <p>Cops and Robbers</p> | <p>Have 2 cops, everyone else is a robber (only robbers have balls). Robbers dribble around and try to knock over the cones (banks) by kicking a ball at a cone and knocking it over. Cops run around and try to stand cones back up (before money falls out).</p> |  | <p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; passing—timing and accuracy; teamwork. How can you work together to knock down all the balls super-fast? Cops, do you have a plan to keep balls up?</p> |
| <p>4</p> <p>Capture the Balls</p> | <p>Three teams of 2 players try to gather as many balls as can in their home base. Take balls from the other teams and protect your own. Count up who has the most at the end.</p> |  | <p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; passing—timing and accuracy; shielding; teamwork--strategizing. Between each trial have each team take 30 seconds to make up a new strategy. Talk to each group asking their plans.</p> |

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| <p>5</p> <p>3 vs. 3 game</p> | <p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p> |  | <p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending. How can you get defenders away from blocking the goal?</p> |
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