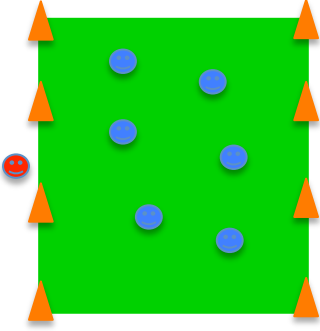
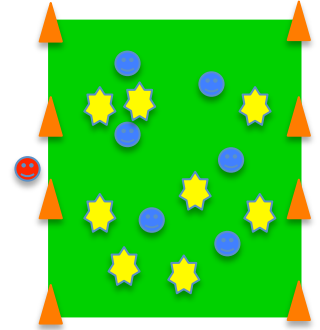
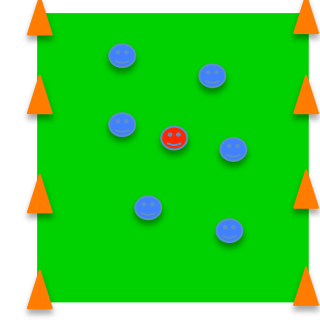
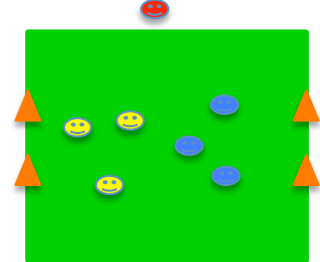


STAGE	DIAGRAM	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warm-up</p> <p>With Dynamic Stretching</p> <p>15 mins</p>		<ul style="list-style-type: none"> • 10x15 rectangle • Players dribble around in a rectangular area (henhouse) and pretend to be chickens guarding eggs • Coach will hold up fingers as players dribble by, players call out how many fingers are showing • Every 2 minutes of dribbling, coach will call out a dynamic stretch or activity. Stop dribbling and do that activity: jumping jacks, pushups, hopping on one foot, touching toes, bunny hop over the ball and back, sit down on ground and stand back up. Make up additional activities. Alternate with showing fingers. 	<ul style="list-style-type: none"> • Look up • Keep ball close • Use different foot surfaces and both feet • Need to be listening as well
<p>Small-sided Activity</p> <p>10 mins</p>		<p>Coach spreads pinnies out around the rectangle randomly. Explain these are egg yolks. The chickens need to dribble around and pick up their egg yolks off the ground to keep the henhouse clean. Give the yolks back to the coach who will spread them around again while nobody is looking. See who can be the first to pick up and bring 10 yolks to the coach.</p>	<ul style="list-style-type: none"> • Arms at side for balance, weight on balls of feet • Keep ball close when dribbling so you are ready to stop
<p>Expanded Activity</p> <p>15 mins</p>		<p>Coach becomes a hen. While players dribble around the henhouse, they need to avoid getting too close to the hen. If the hen catches them, they will lay an egg on the player's head. The player freezes, picks up their soccer ball and holds it over their head. They must remain there until a teammate dribbles over to them and touches the ball to "release them" so they can put it back on the ground and keep dribbling. After a time, alternate who can be the hen.</p>	<ul style="list-style-type: none"> • Need to look up to find a teammate to save and to avoid getting caught by the hen • Alternate dribbling speed as the hen comes near • Use small touches to keep ball close and under control
<p>Scrimmage</p> <p>20 mins</p>		<p>3v3 or 3v2 with small goals Keep rolling in a new ball if the ball goes out of bounds Send in 2 balls if players are left out</p>	<ul style="list-style-type: none"> • Keep ball close • Look up to where goals and other players are • Use small touches • Arms at side for balance