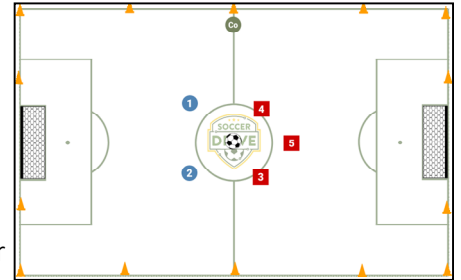




Schoolyard Division Skills Development Program – Week 3

Warm Up – Stretch – 2 minutes – Jumping Jacks, Touch their toes, High Knees or any warm up you want to do.

13 Min - Station #A: Scrimmage Game - Set up cones in large square form...20 - 30 yards apart.
Put Pinnies on half the players, separate them and instruct them to try and score a goal on opposing teams goal.



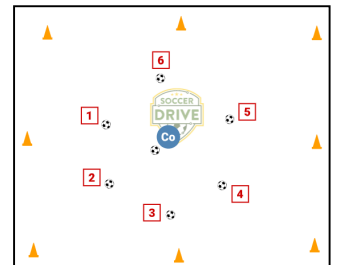
1. **Explain the purpose is to shoot into the net/goal** - Have players start on their own half. Explain to kids not to allow the other team to score on them.
2. **When ball goes out of bounds** – throw ball back into the playing field. Try to have every kid score a goal by giving them the ball to advance. Celebrate goals and effort in scoring.
3. **When goal is scored** – have kids start in center area again and restart the game. Whoever got scored on now starts with the ball.

***** Water Break – 2 minutes *****

13 Min Station #B: Refresher - Touching Soccer Ball + Toe Taps - Set up cones in large square form...20 - 30 yards apart.

Have players go to an empty space – keeping 6 ft. distance.

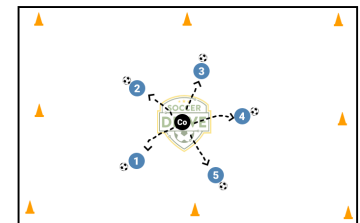
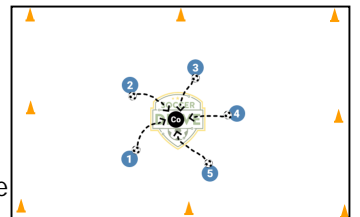
1. **Pretend to be Kangaroos** - Have players spread out in area. Have players jump over their soccer ball. Then have them jump back over their ball.
Have players jump over other players soccer balls. How many can they jump over?
2. **Pretend to be Rabbits** - Have players start by touching ball with their right foot bottom of toes, then they switch to left foot bottom of toes.
Have players keep doing this slowly, say right foot, left foot until they get comfortable.
Have players hop with right foot bottom of toes, then hop with left foot bottom of toes.
How may toe taps can they do without stopping?



***** Water Break – 2 minutes *****

13 Min - Station C: Chase Monster - Dribbling/Conditioning – Set up a perimeter of cones – 20 – 30 yards apart. Coach starts off in the middle of the quadrant and players surround coach with soccer ball.

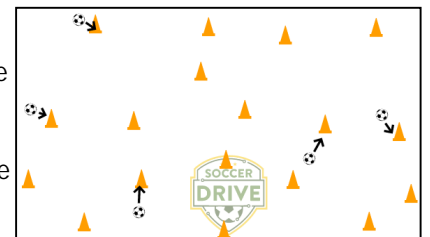
1. **Game #1 - Kids Chase after the coach** – Kids dribble their soccer ball and try to knock down the coach with their ball. Coach tries to avoid being hit. Every time a player hits coach with the ball the coach pretends to lose a body part and goes slower until the evil monster is destroyed..
2. **Game #2 - Coach Chases after kids** – Kids now run away from the monster (coach) in the perimeter and coach attempts to take their soccer ball. If coach touches their soccer ball, player must freeze until another player unfreezes them by touching player on the shoulder



***** Water Break – 2 minutes *****

13 Min - Station D: Awareness/Targeting – Killer Bees - Set up cones in any random pattern inside a 20 x 30 grid area.

1. **Awareness/Dribbling** – Have kids start on one end of the grid and dribble their soccer ball without hitting any of the cones. **Cones are Bees** and if they touch them, they get stung. Objective is to dribble across without hitting a cone or another player. Everyone goes at the same time. Coach please stand up cones and do it again.
2. **Targeting/Shooting** – Have all the kids start on one end of the grid and try to knock down as many cones (**Bees**) as they can until they are all knocked down. Who can knock down the most cones. Coach Please stand up the cones and do it again.



Give out Award Pin (1) – Super Star of the Day!

*****Coach Gilkey – Keep time for all stations*****