

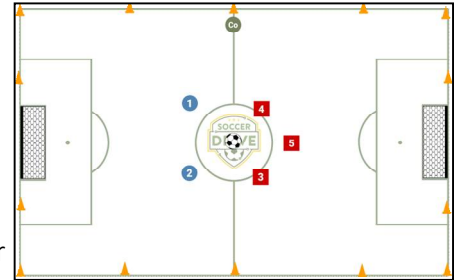


Schoolyard Division Skills Development Program – Week 4

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.

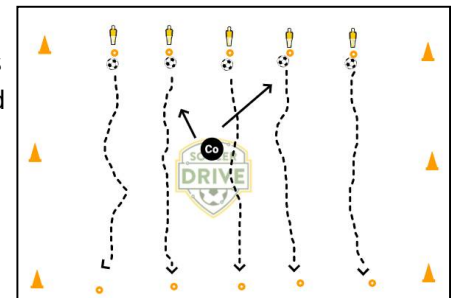


1. **Explain the purpose is to shoot into the net/goal** - Have players start on their own half. Explain to kids not to allow the other team to score on them.
2. **When ball goes out of bounds** – throw ball back into the playing field. Try to have every kid score a goal by giving them the ball to advance. 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: Alligator Attack – Dribbling accross - Set up (5) orange markers 5 feet away from each other on both sides of a perimeter.

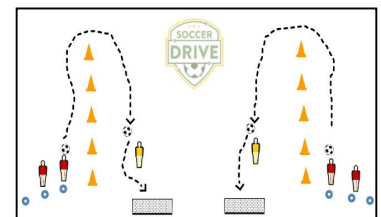
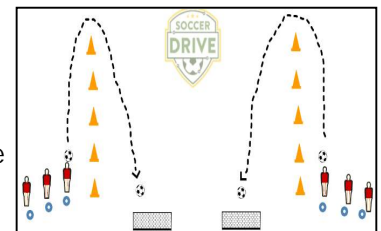
1. **Pretend the field is a river that they have to cross** – Have players start at orange markers and instruct kids to dribble across to the other side of the river. Tell them the river is filled with wild/crazy animals and they have to hurry.
2. **Pretend to be an Alligator** - Have players dribble across but this time the alligator (coach) is trying to eat the players. Coach tries to steal their ball and kicks it away. Tell players that they have to hurry and escape from alligator and only safe zone is across The river.
3. **Have a Player pretend to be alligator also** – same as above but this time a player is also Trying to steal ball from kids.



***** **Water Break – 2 minutes** *****

13 Min - Station C: Relay Race - Dribbling/Conditioning – Set up 2 lines of cones with a goal at top of each line.

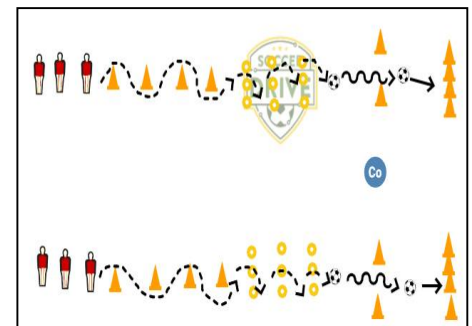
1. **Game #1 - Kids Race around the cones without a ball** – Kids run around the line of cones and take a shot on goal when they are close to goal – coach needs to put a ball in front of the goal. Give each player a few tries. Both lines can go at the same time. Make it a race – who will win?
2. **Game #2 – Kids dribble around cones but this time there is a defender waiting to stop them.** Kids attempt to go around the defender and score a goal. Defender tries to stop the player from scoring. Both lines can go at the same time. Make it a race – who will win? Coach can be the defender if it would be better.



***** **Water Break – 2 minutes** *****

13 Min - Station D: Obstacle Course - Set up 4 cones + 3 rows of markers + 2 cone fence + 4 cone target.

1. **Conditioning/Awareness/Dribbling** – Have kids start on one end of the line and run around the cones. Then they have to jump over the 3 sets of markers. Now they get a soccer ball and dribble through the gate and try to knock down the cones by taking a shot at them. (soccer balls should be placed by the gate) This is a race – who is going to win? Both lines should go at the same time to make it a race. Coach please stand up cones and do it again.



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

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