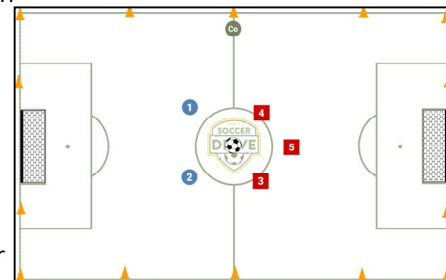




Schoolyard Division Skills Development Program – Week 5

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.

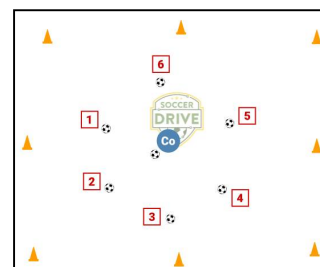


1. **Explain the purpose is to shoot into the net/goal** - Have players start on their own half. Explain to kids not to allow the other team to score on them.
2. **When ball goes out of bounds** – throw ball back into the playing field. Try to have every kid score a goal by giving them the ball to advance. 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.

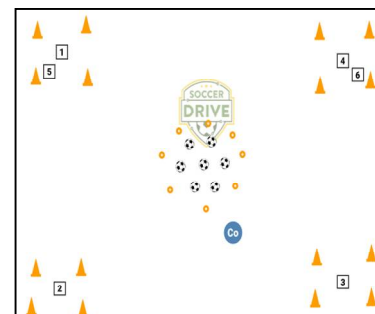
1. **Pretend to be Kangaroos** - Have players spread out in area. Have players jump over their soccer ball. Then have them jump back over their ball.
Have players jump over other players soccer balls. How many can they jump over?
2. **Pretend to be Rabbits** - Have players start by touching ball with 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: Dribbling/Conditioning - Set up 4 squares on each corner with cones.
Have kids place their soccer balls in center of the grid. Then have kids go in one of the squares. Spread them out evenly within the squares.

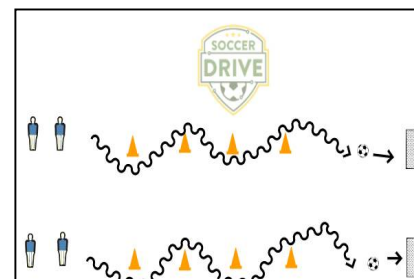
1. **Kids Pretend to be Zookeepers** – Kids go get the rabbits that escaped from their cage and bring them back into the cage(square) where they started from. Demonstrate to them how to do.
2. **Kids Pretend to be Specific Zookeepers** – Kids now start in center of grid and coach tells them which cage to put their soccer ball in. Name each square so kids know (Lion, Rabbit, Kangaroo, Tiger Cages). Coach calls out specific cage and kids must take their soccer ball into that cage.



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

13 Min - Station D: Dribbling/Shooting – Set up 2 lines of cones about 5 feet apart. Put a goal at the end of the line of cones.

1. **Game #1** - Kids run around the cones and take a shot on goal – Their soccer ball is placed in front of the goal about 4 feet away. You can make a race out of it by having both lines of cones go at the same time.
Game #2 – Kids dribble around the cones with their soccer ball and take a shot on goal when they get close to the goal. Again, you can have them race and have both lines go at the same time.



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

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