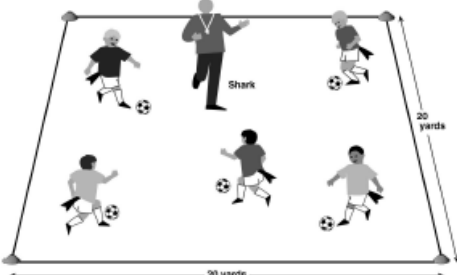
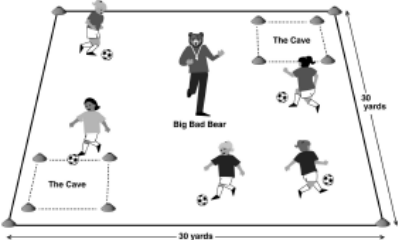


AYSO Region 183 – Sharks and Bears

Time	Activity	Description
0 min	Master Coach Review with Team Parents	Theme is Dribbling and Foot-skills; Working with the ball; All about Fun with Cool Games! Take a Water Break every 5-10 minutes.
0 to 5 min	Ice-Breakers	Ice Breaker Throw Ball; Send 2-3 players to bring back. Call by name.
0 to 5 min	Warm up Activity	Each player dribbles ball in a grid. Each player is welcome to dribble around in any direction of the grid.
05 min – 15 min Part 1 15 min – 25 min Part 2	Station #1	<p>Sharks and Minnows</p> <p>Each player with the ball, coach is the Shark; players are the Minnows; coach guides players around as Shark; coach just gently taps ball away. Minnows keep possession. Next; remove 2 balls; have players share the ball with passing.</p> 
05 min – 15 min Part 1 15 min – 25 min Part 2	Station #2	<p>The Big Bad Bear Game (Cones are Caves)</p> <p>Players are Foxes, Rabbits, Squirrels, Raccoons.</p> 
25 min – 50 min	3 v 3 Game 3 players per side 5 Min Quarters 4 Quarters	<p>Every 5 minutes; take a 1 min break Substitute Players at 1 min break (Rotation) Coach / Parents guide players and also referee</p> <p>Observe: Players from Station Activity Games will behave with dribbling, some foot-skills and start to develop penetration into the attacking half of the field.</p>