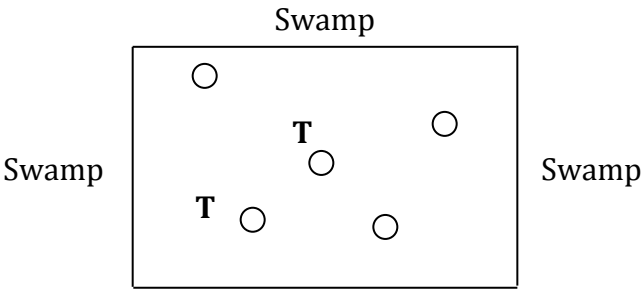
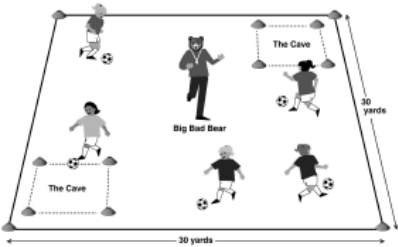


## AYSO Region 183 – Lions and Tigers

Time	Activity	Description
0 min	Master Coach Review with Team Parents	<b>Theme is Dribbling and Foot-skills;</b> 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. Do this a couple of times
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><b>Tigers</b> Players (o) are the animals protecting the ball. Tigers kick the ball out to the swamp. Players will have to quickly get the ball before Alligators get to the ball. Alligators are parents outside grid in the swamp.</p> <div style="text-align: center;">  </div>
05 min – 15 min Part 1 15 min – 25 min Part 2	Station #2	<p><b>Lions</b> The Lion (Coach) is helping her “little lions” (players) learn to play soccer and are hunting for soccer balls. The “little lions” need to steal balls from one box to another box as “food”!</p> <div style="text-align: center;">  </div>
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><b>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.</b></p>