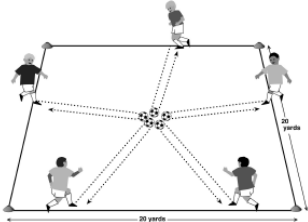
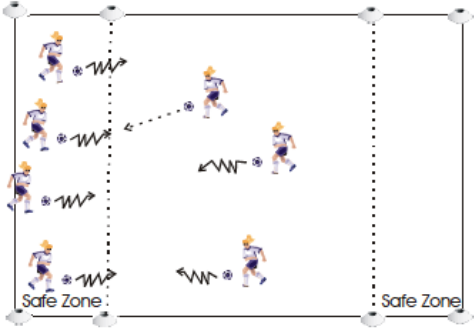


## AYSO Region 183 – U05C Activity Plan – Pirates

Time	Activity	Description
0 min	Master Coach Review with Team Parents	<b>Theme is Dribbling and Shooting;</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	Dribbling Drills and Basic Shooting on Goal Drills
05 min – 15 min Part 1 15 min – 25 min Part 2	Treasure Hunt  Players to start on Pirate Ship; and find treasure on islands.  Use an imaginary treasure map.	Treasure Hunt Drill 1) – Place balls in center; Tell players to get treasure Drill 2) – Place cones or pinnies in a corner. Tell player to pick a treasure cone or pinnie to pickup treasure and return to ship.    Game changes: 1) Add flat cones as obstacles to treasure. 2) Player to weave around the cones 3) Pretend cones are swamps; rocks, on treasure map.
05 min – 15 min Part 1 15 min – 25 min Part 2	Pirate Run	Pirates in the middle try to steal ball when players going from left to right.  
25 min – 50 min	3 v 3 Game  3 players per side 5 Min Quarters 4 Quarters	Every 5 minutes; take a 1 min break Substitute Players at 1 min break (Rotation) Coach / Parents guide players and also referee  <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>