

Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 Goofy Says Activities</b>			
<ul style="list-style-type: none"> <li>30 x 20 yard area</li> <li>Players move freely in the area w/o the ball</li> <li>Coach is name Goofy; Players do what Goofy Says</li> </ul>	<p>Coach demos log roll to players—On Command Players perform log roll and back up and jog—on command players jump up high off two feet then jog—on command players jump up high off one foot—then jog—on command players run fast for 3 seconds (coach counts out) then jog—on command they perform all tasks in a row</p>	<p>Coach</p>	<ul style="list-style-type: none"> <li>Movement Education – jumping, rolling, change of pace.</li> <li>Add variations, as the mind will wonder (change of direction, running backwards, etc...)</li> <li>Allow players to be Coach Goofy next week – brings ownership to the activities and generates enthusiasm</li> </ul>
<b>2 Strawberry Farms</b>			
<ul style="list-style-type: none"> <li>Set up 6 to 8 one-yard gates within a 20 x 30 yard area</li> <li>All players with a ball</li> </ul>	<p>Coach asks players to collect as many Strawberry's they can by dribbling there ball through a gate and bend down and scoop the strawberries. How many. Can you beat you score. Next must step on ball and pull back because the road is closed on other side. Next Step on ball do a front roll turn and run back through with ball. Use your imagination. U8 can take a few balls away now must get ball to get strawberries.</p>	<p>Coach</p>	<ul style="list-style-type: none"> <li>More Movement Education</li> <li>Also becoming familiar with the ball at feet with turns and others to worry about</li> <li>Eye-foot coordination</li> <li>Good maze game for all around awareness</li> </ul>
<b>3 Fisherman Game (Sharks and Minnows)</b>			
<ul style="list-style-type: none"> <li>20 yards wide x 30 yards long</li> <li>Players w/o a ball</li> <li>Coach is the fisherman; Players are the fish</li> </ul>	<p>Players line up on end line (there pond which has no more food). The coach (fisherman) is in the middle. The players attempt to run across the lake to the other pond that has more fish food. Fisherman attempts to tag players (fish) they become fisherman if tagged. Progress to players dribbling across. Fisherman must clear ball over any line (so fish could win it back if lose ball)</p>		<ul style="list-style-type: none"> <li>Directional play – target game</li> <li>Change of speed, change of direction, player imagination: how to trick the fisherman</li> <li>Learning to keep the ball from the opponent</li> <li>Learning to steal the ball from the opponent</li> <li>Running with the ball</li> </ul>
<b>4 1 vs 1 to Goals</b>			
<ul style="list-style-type: none"> <li>20 yards wide x 30 yards long (Beginning in the middle of the sideline.)</li> <li>Players line up on both sides of the coach</li> <li>Balls are at Coach's feet</li> </ul>	<p>Coach explains to teams which direction they are going. Also explains if the other player has the ball try to take it away and score on there goal. First player in each line goes after ball and tries to score when coach sends ball into play. Can have many of them at the same time. If they score both come back to coach and get ready to go again. Progress to 2vs2</p>		<ul style="list-style-type: none"> <li>Learning to compete against an opponent</li> <li>Dribbling skills against pressure</li> <li>Changing direction, changing speed, stopping, starting and other basic agility skill sets.</li> <li>2 vs 2: Intro of teammate (which they will not know what to do with, but will be interesting to see them think)</li> </ul>
<b>5 3 vs 3 OR 4 vs 4: Boss of the Balls</b>			
<ul style="list-style-type: none"> <li>Players on sideline with coach</li> <li>Balls on sideline with coach</li> </ul>	<p>3(4) players enter field and play against 3(4) others to goals. If ball goes out of play the coach simply serves another ball into play. When all the balls are gone make subs and have the players collect the balls for you to have by your side to serve into next game</p>	<p>Coach</p>	<ul style="list-style-type: none"> <li>All facets of the game come into play</li> <li>Many chances to touch the ball in fun, fast-paced game</li> <li>Makes children think fast, as a new ball enters play immediately after going out</li> <li>Little rest</li> <li>Players must think fast and remain involved</li> </ul>