



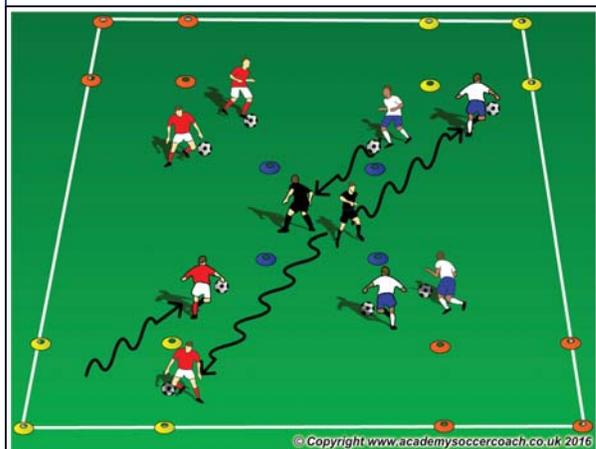
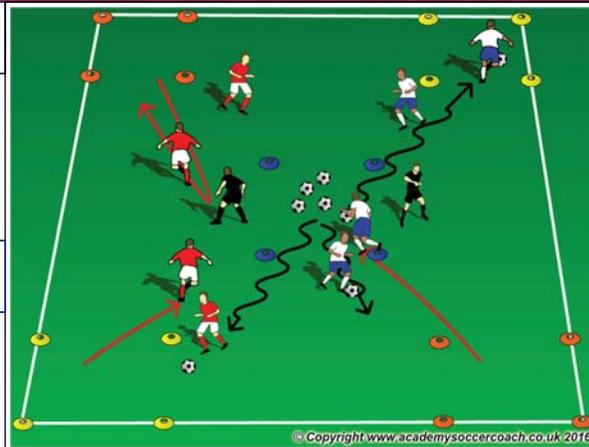
MASS YOUTH SOCCER

Activity 1 Steal The Treasure Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner (Pirate Ships) and 1 in the center of the field (Treasure Ship.) Divide the players equally between the 4 corner squares. All the soccer balls in the center square with the coaches guarding them. The players try to invade the Treasure Ship and steal soccer balls. If tagged by a coach, they must go back to their ship before they can try again.

Variations Activity Time Rest Intervals

- **Round 1:** Coaches are the guardians of the Treasure Ship & players are the invaders.
- **Round 2-4:** Select 2 or 3 players to be the guardians.



Activity 2 Pirates' Invasion Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner and 1 in the center of the field. Divide the players equally between the 4 corner squares and each player has a soccer ball. The coaches stay in the center square. The players try to dribble their ball into the center square, tag a coach then get back to their home square without getting tagged by the coach. Each successful dribble in and out is 100 pts.

Variations Activity Time Rest Intervals

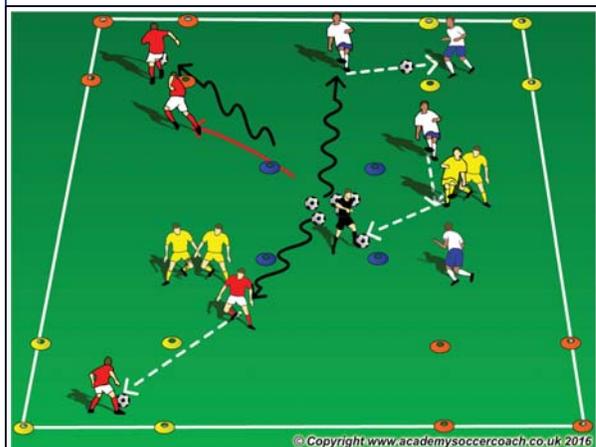
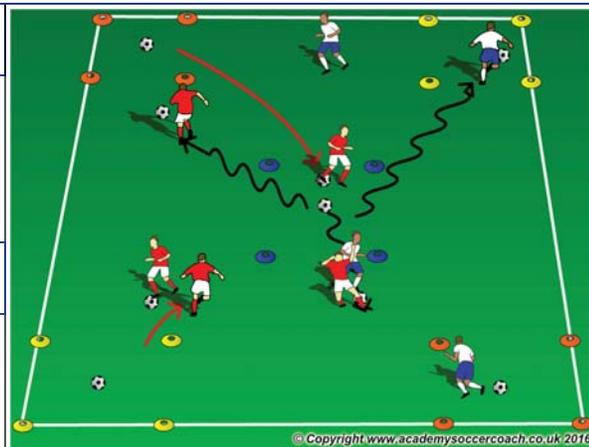
- **Round 1:** players try to dribble into the center square and out without getting tagged by a guardian (coach).
- **Round 2:** Players try to dribble into the center square and tag the guardians.
- **Round 3+:** 1st player to get 4 tags can switch and become a guardian.

Activity 3 Capture the Cannon Balls Duration 8 mins

In a 15Wx20L yard grid, place a 4x4 yard square in each corner (Home Ship) and 1 in the center of the field (Treasure Chest). Divide the players equally between the 4 corner squares. All the soccer balls in the center square; they are the cannon balls on a ship. On coach's command, all players will try to steal the cannon balls and take them back to their ship. Players can steal cannon balls from other ships too.

Variations Activity Time Rest Intervals

- **Round 1:** Players can only dribble the ball back to their ship.
- **Round 2:** Players can dribble or pass the ball back to their ship but ball must be stopped on the ship. **Round 3+:** Coaches can check if the players can come up with a plan to get more cannon balls back to their ship.



Activity 4 Two-Headed Sea Monster Duration 8 mins

15Wx20L yard grid, place a 4x4 yard square in each corner (Caves) and 1 in the center of the field (coach is in there to stop balls for the monster). Divide the players equally between the 4 corner squares. All the soccer balls in the center square. 2 pairs of players are moving around the field (joined at the hands). They steal soccer balls & pass them back to the coach. Players get any ball they can back to their cave.

Variations Activity Time Rest Intervals

- **Round 1-2:** Players get as many balls as possible back to their cave.
- **Round 3-4:** Each team starts with a ball and try to get from cave to cave while avoiding the two-headed monster. If they lose their ball, they can get a new one from the center square and continue playing.

Game - 4v4 **Duration - 25 mins** **Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.**