

ACTIVITY 1

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|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|
| Duration: | 8 min | Intensity: | Med | Intervals: | 4 | Activity Time: | 1.5 min | Recovery Time: | 30 sec |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|

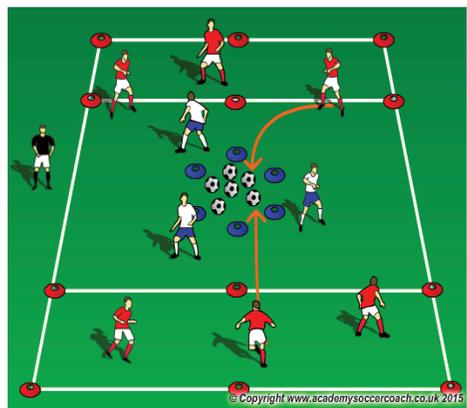
ORGANIZATION - (Physical Environment / Equipment / Players)

SUPER HERO SPEEDWAY:

In a 15Wx20L yard grid, create a 5 yard end zone at each end of the playing area. All Players will choose their favorite super hero and start the activity by dribbling their soccer ball around one of the end zones. When the coach shouts "Super Heroes to the Rescue", players must dribble their soccer ball to the other end zone as quickly as possible without their ball going over the end line. Players soccer balls must always be moving when they are in an end zone!

ACTIVITY VARIATIONS

- Round 1: Superheroes dribble across the speedway on the coaches command
- Round 2: Players see how many times they can cross the speedway in 90 seconds!
- Round 3: Players race across the speedway by dribbling using an inside/outside pattern
- Round 4: Players must race across the speedway using an inside/outside/laces/sole pattern



ACTIVITY 2

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|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|
| Duration: | 8 min | Intensity: | Med | Intervals: | 4 | Activity Time: | 1.5 min | Recovery Time: | 30 sec |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|

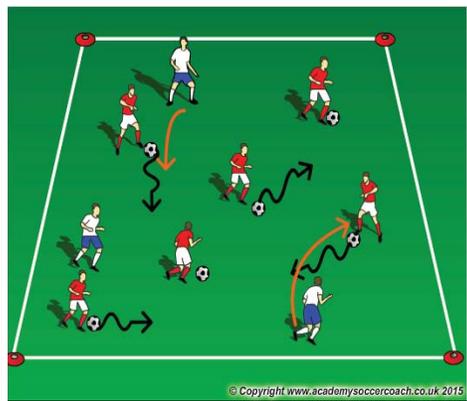
ORGANIZATION - (Physical Environment / Equipment / Players)

GUARDIANS OF THE GALAXY:

In a 15Wx20L yard grid, set up a 5W circle (Orb) in the center of the playing area. Create a 5 yard end zone at each end of the playing area. The end zones will become the invaders planets! Place all soccer balls in the Orb to begin the game. Select 2-3 players to be the Guardians of the Galaxy. Invaders will attempt to run into the orb, steal a soccer ball and dribble it to their own planet. The Guardians of the Galaxy will attempt to stop invaders stealing the soccer balls by tagging invaders. If an Invader gets tagged they must return to their planet before trying to steal another ball. Guardians can also retrieve soccer balls from the Invaders planets to dribble back to the orb.

ACTIVITY VARIATIONS

- Round 1: Coaches are the Guardians, players are the Invaders
- Rounds 2-4: Select 2-3 players to be the Guardians



ACTIVITY 3

| | | | | | | | | | |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|
| Duration: | 8 min | Intensity: | Med | Intervals: | 4 | Activity Time: | 1.5 min | Recovery Time: | 30 sec |
|-----------|-------|------------|-----|------------|---|----------------|---------|----------------|--------|

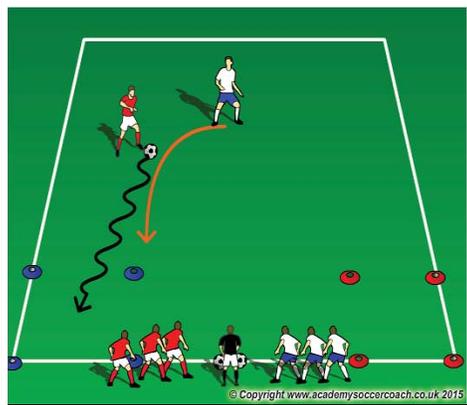
ORGANIZATION - (Physical Environment / Equipment / Players)

HULK SMASH:

Select 2-3 players to be Hulks! All other players are dribbling in a 15Wx20L yard grid and are trying to avoid the Hulks. The Hulks are angry and attempt to kick the dribblers soccer balls out of the playing area. If a players ball leaves the playing area, they should perform a skill task before re-entering the grid. e.g. 5 toe-taps or pendulums. If all players soccer balls are out of the playing area at the same time, then the Hulks win!

ACTIVITY VARIATIONS

- Round 1: Coaches are the Hulks
- Rounds 2-4: Select 2-3 Players to be the Hulks



ACTIVITY 4

| | | | | | | | | | |
|-----------|-------|------------|------|------------|---|----------------|--------|----------------|--------|
| Duration: | 8 min | Intensity: | High | Intervals: | 8 | Activity Time: | 20 sec | Recovery Time: | 40 sec |
|-----------|-------|------------|------|------------|---|----------------|--------|----------------|--------|

ORGANIZATION - (Physical Environment / Equipment / Players)

CASTLE COMBAT:

In a 15Wx20L yard grid the coach makes two teams of 3-5 players each. Players line up next to the coach. When the coach serves in a ball, the first player on each team will enter the playing area and try to win possession of the ball. To score a goal, players must dribble the soccer ball back to their own castle and stop the ball. Defenders cannot defend inside the castle.

ACTIVITY VARIATIONS

- Round 1-2: One game of 1v1 at a time
- Round 3-5: Have two 1v1 games going at the same time with different soccer balls
- Round 6-8: Coach can make the games 2v1, 2v2

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|--------------------------------|---|---------|
| U6: 3v3 - Dual Field Scrimmage | Set up two fields 20W x 30L yards with a 5 yard space between them in order to keep as many players as possible. Allow plenty of breaks for water and rest! | 25 Mins |
|--------------------------------|---|---------|