

### ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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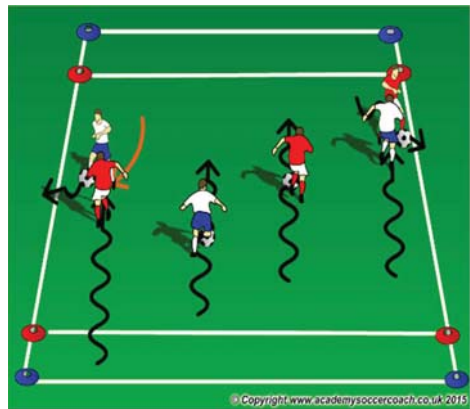
ORGANIZATION - (Physical Environment / Equipment / Players)

#### 3 STRIKES YOU'RE OUT:

In a 15Wx20L yard grid. All players are dribbling a soccer ball and will try to tag other players by kicking their ball at them. Once a player is tagged for the first time, he/she must place one hand behind their back. The second time they are tagged they must place their other hand on their head, if they are tagged a third time they are struck out and must perform: Toe Taps, Pendulum, 4 surfaces with each foot or another soccer related task to rejoin the game.

#### ACTIVITY VARIATIONS

- Round 1: Coach(es) are the only taggers
- Round 2: Select 2-3 players with coach(es) as the taggers
- Round 3-4: Everyone is a tagger



### ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

#### PATRIOTS TOUCHDOWN RUN:

In a 15Wx20L yard grid all players will dribble their soccer ball from one end zone to the other end zone. The coach begins as the "Linebacker" and tries to tackle players by stealing their soccer balls and dribbling them out of the grid. The player who lost the ball can try to get it back but once the ball is out of the grid, they become a "Linebacker"

#### ACTIVITY VARIATIONS

- Round 1: Coach(es) are the linebackers
- Round 2-3: Select 2 players to start as the linebackers
- Round 4: Select 3 or more players to start as linebackers



### ACTIVITY 3

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	30 sec	Recovery Time:	30 sec
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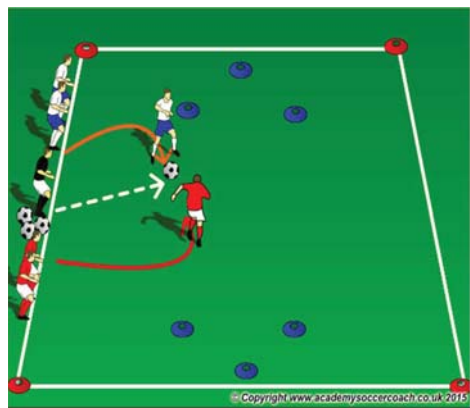
ORGANIZATION - (Physical Environment / Equipment / Players)

#### 1v1 - CELTIC'S POINT GUARD:

In a 15Wx20L yard grid the coach makes two teams of 3-5 players each. Teams are lined up either side of the coach. When the coach serves in the ball, the first player from each line will enter the field of play. To score a point a player must dribble or pass the ball back to the coach. You can have several groups of players playing at the same time.

#### ACTIVITY VARIATIONS

- Round 1-3: One game of 1v1 at a time
- Round 4-6: Have two 1v1 games going at the same time with different soccer balls
- Round 7-8: Coach can make the games 2v1, 2v2



### ACTIVITY 4

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	30 sec	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

#### BRUINS 1v1:

In a 15W x 20L yard grid create small triangle goals 3 yards in from each end line. Players are divided into two teams, with each player given a number depending on total amount of players. Players are positioned at either side of the coach. Coach has all of the soccer balls. The coach calls out a number (s), serves a ball into the grid on the ground and the players try to gain possession and score on their opponent. Players score a goal by shooting through any side of the triangle, players

#### ACTIVITY VARIATIONS

- Round 1-3: Play 1v1
- Round 4-6: Play 2v1 or 2v2
- Round 7-8: Play 3v2 or 3v3

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 playing as possible. Allow plenty of breaks for water and rest!

25 min