



ACTIVITY 1

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

ORGANIZATION - (Physical Environment / Equipment / Players)

3 SURFACES - INSIDE OUT:

In a 15Wx20L yard grid each player has a ball. Have the players try to use 3 surfaces of their foot in 1 fluid motion in this order: Inside, Outside, Laces. After a player stops their ball with the bottom (sole of the shoe), have them transfer the ball from the right to left foot. When the players display proficiency, challenge them to do it faster and in a smaller space.

ACTIVITY VARIATIONS

Round 1: Work with just the right foot

Round 2: Work with just the left foot

Round 3-4: Use both feet



ACTIVITY 2

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

ORGANIZATION - (Physical Environment / Equipment / Players)

WRECK IT RALPH:

In a 15Wx20L yard grid split the group into teams of Ralph's and Felix's. Felix's will place their ball on top of a cone to build a tower. Wreck it Ralph's will dribble their soccer ball around and try to knock the soccer balls off of the discs. The Felix's try to fix all of the towers that Ralph has wrecked!

ACTIVITY VARIATIONS

Round 1: Wreck it Ralph group knocks the balls & Felix group fixes them

Round 2: Players switch roles

Round 3 & 4: Rotate through each group again



ACTIVITY 3

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

ORGANIZATION - (Physical Environment / Equipment / Players)

FROZEN TAG:

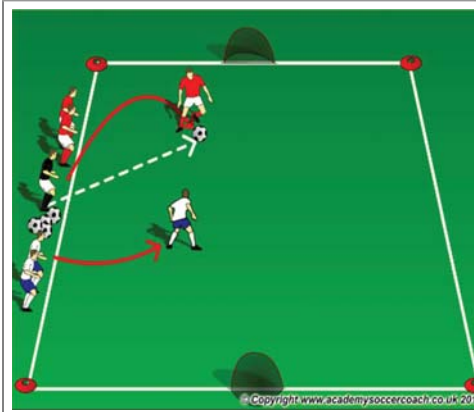
In a 15Wx20L yard grid all players are dribbling a soccer ball. The freeze monsters attempt to tag other players with their hands. When a player is tagged, they become frozen and must stand holding the soccer ball above their head. The activity ends when all players are frozen. To unfreeze a player, any dribbler can pass the soccer ball between the frozen player's legs.

ACTIVITY VARIATIONS

Round 1: Coach(es) are the freeze monster(s)

Round 2: Select 2-3 players to start as the freeze monsters

Round 3-4: Select 3 or more players to start as freeze monsters



ACTIVITY 4

| | | | | | | | | | |
|-----------|-------|------------|------|------------|---|----------------|--------|----------------|--------|
| Duration: | 8 min | Intensity: | High | Intervals: | 8 | Activity Time: | 30 sec | Recovery Time: | 30 sec |
|-----------|-------|------------|------|------------|---|----------------|--------|----------------|--------|

ORGANIZATION - (Physical Environment / Equipment / Players)

GET "OUTTA" THERE with NUMBERS:

In a 15W x 20L yard grid with one small goal on each end line, players are divided into two teams, with each player given a number. Players are positioned on either side of the coach on the sideline. Coach starts with 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. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there".

ACTIVITY VARIATIONS

Round 1: Play 1v1

Round 2: Play 2v1 or 2v2

Round 3 & 4: 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