

### 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)

#### CROSS OVER DRIBBLING:

In a 15W x 20L yard grid, set up a 10 x 10 box in the middle. All players will start with a ball on the perimeter of the 15 x 20 grid. When the coach says "go" the players will try to dribble through the 10x10 box in the middle and to the other side of the grid. When they reach the other side, players should perform a turn and dribble back through the middle square. Players must see how many times they can get across the grid through the middle square each round.

#### ACTIVITY VARIATIONS

- Round 1: Players dribble using their favorite foot
- Round 2: Players dribble using their non-favorite foot
- Round 3: Players can use either foot to dribble or turn
- Round 4: Players must perform a turn or a move in the middle square



### ACTIVITY 2

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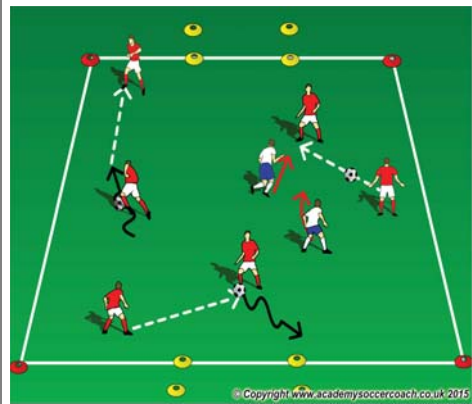
ORGANIZATION - (Physical Environment / Equipment / Players)

#### BANDITS:

In a 15W x 20L yard grid select 1 player to be the bandit. Their mission is to get the dribblers' ball and bring it to one of the two hideouts. If the bandit succeeds in getting the ball into the hideout, the dribbler becomes an additional bandit. The dribbler can take the ball back from the bandit before they get it all the way to the hideout.

#### ACTIVITY VARIATIONS

- Round 1: One coach starts as the Bandit
- Round 2: One Coach and One Player start as Bandits
- Round 3: Select 2 players to be the Bandits
- Round 4: Select 3 players to be the Bandits



### ACTIVITY 3

Duration:	8 min	Intensity:	Med	Intervals:	3	Activity Time:	2 min	Recovery Time:	40 sec
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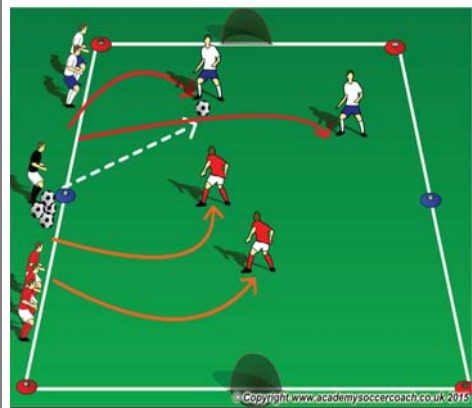
ORGANIZATION - (Physical Environment / Equipment / Players)

#### PAIRS BANDITS:

In a 15W x 20L yard grid, all players are in pairs. Select 1 pair to be the bandits. Their mission is to get the passing pairs ball and bring it to one of the two hideouts. The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits succeeds in getting the ball into the hideout, the passing pair becomes an additional bandit group.

#### ACTIVITY VARIATIONS

- Round 1: Two coaches start as the Bandits
- Round 2: Select 2 players to be the Bandits
- Round 3: Select 4 players to be the Bandits



### ACTIVITY 4

Duration:	8 min	Intensity:	High	Intervals:	4	Activity Time:	1 min	Recovery Time:	1 min
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ORGANIZATION - (Physical Environment / Equipment / Players)

#### GET OUTTA THERE:

In a 15W x 20L yard grid place players on 2 teams standing on either side of the coach, with a small goal on each end line. The coach will serve a ball out into the grid and the first 2 players in each team's line will go out and try to score in the opponents goal. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get Outta There"

#### ACTIVITY VARIATIONS

- Rounds 1-3: Players play 2v2
- Round 4: Coach can make games 3v2 or 3v3

J8: 4v4 - Dual Field Scrimmage

Set up two fields 25W x 35L 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