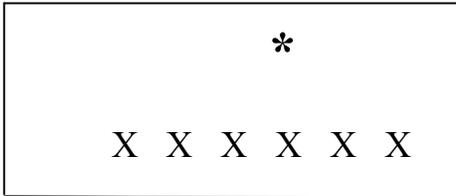
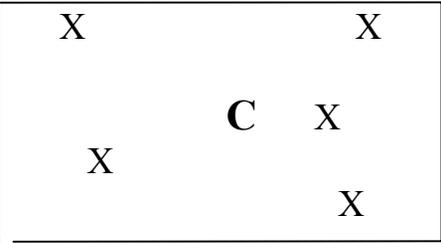
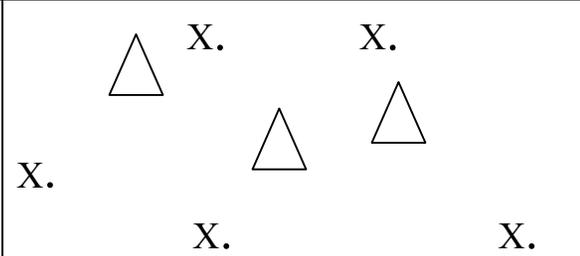
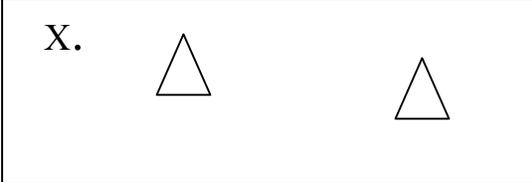
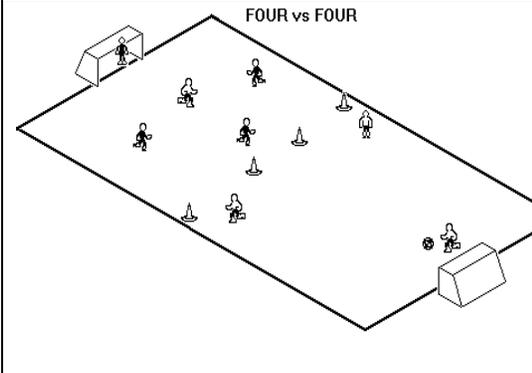


Activity Name	Description	Diagram	Purpose/Coaching Points
<b>1 Soccer Marbles</b>			
Individual competition Accuracy of pass Weight of pass Introducing the difference between a kick and a pass	Use a weighted ball as the target. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid. The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the grid.		Where should you stand to get a good kick with your ball? How do you decide how far away the target ball is?
<b>2 Rhythmic Movement</b>			
A variety of movements in confined space.	Hopping, Skipping, Sidestep, Moving Backwards, Kariokum, Turning on the Move		General Coordination Balance Agility Proprioceptor muscle development
<b>3 Properties of the Ball</b>			
Visual acuity How to read the path of the ball Body alignment with the moving ball	Learning the properties of a rolling and bouncing ball. The coach serves balls around the playing area to the players. Vary the service between rolling balls of various speed and bouncing balls of various heights.		Eye-Hand Coordination Eye-Foot Coordination Timing Judging the pace of the ball

<b>4 Random Cones</b>			
Agility – body control Dribbling	Weave in and out of the cones ➤ First without the ball ➤ Second with the ball -- dribbling		How can you control the ball to get around the cone? Is there a way to stop the ball and then go around the cone? Can you go around the cone and move the ball with your other foot?
<b>5 Attack of the Trolls</b>			
Passing from the dribble Accuracy Lower limb control Eye-foot coordination	Same organizational set up as the Random Cones activity. The players now try to knock over the cones with a pass off the dribble.		Can you sometimes stop the ball and then pass to hit the troll? Can you pass while you are moving to hit the troll?
<b>6 Juggling</b>			
	Each player with a ball. Practice juggling from the ball from the hands. Allow the ball to bounce between juggles. Focus on juggling with the feet and thighs. Use the same space as used in the last two activities.		Can you bounce the ball off of your shoelaces? How many juggles can you get in a row?
<b>7 4 v 4 Match</b>			
	Play by US Youth Soccer modified rules for the U8 age group.		Simply observe the players without any coaching. Give guidance only on the rules of the game.

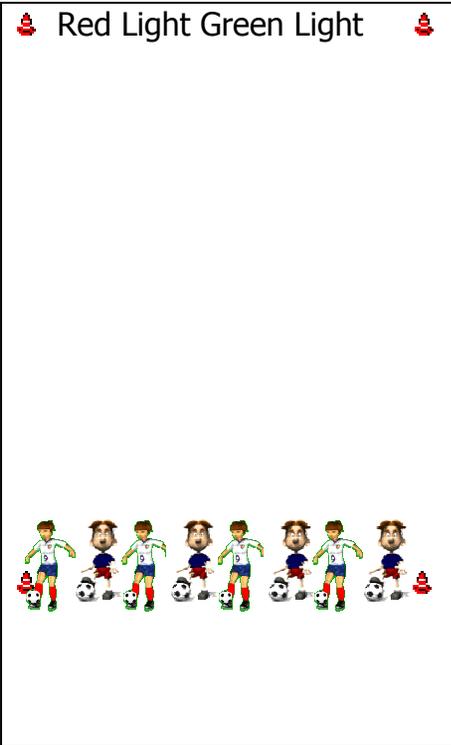
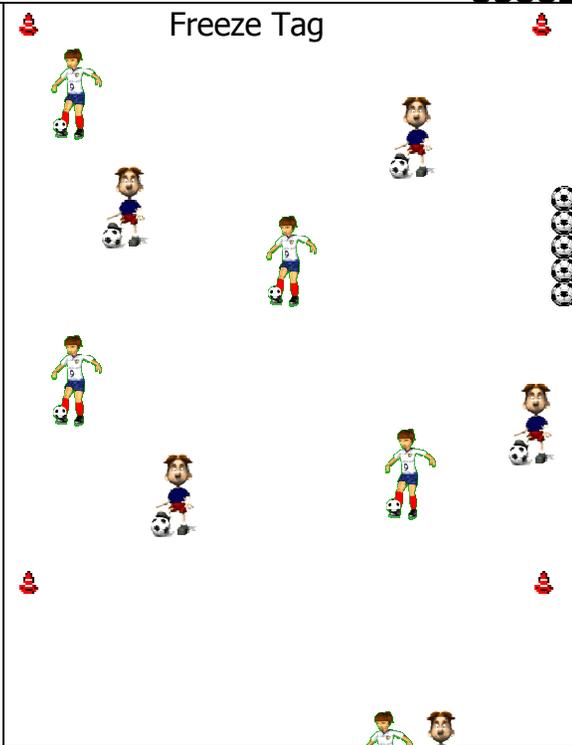
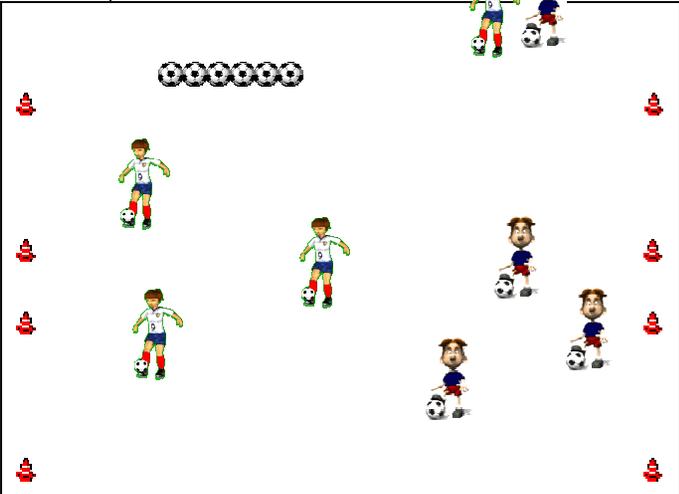
Author: F. Trovato  
Alaska State DOC

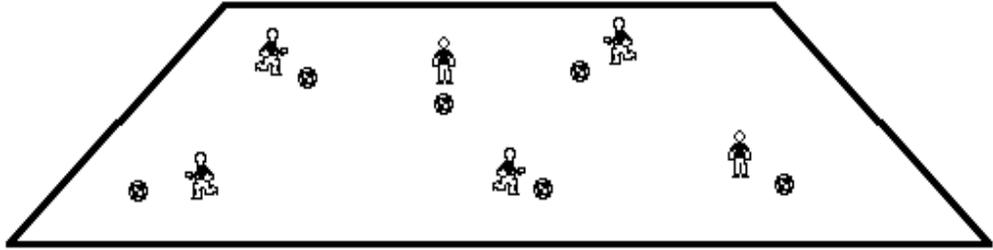
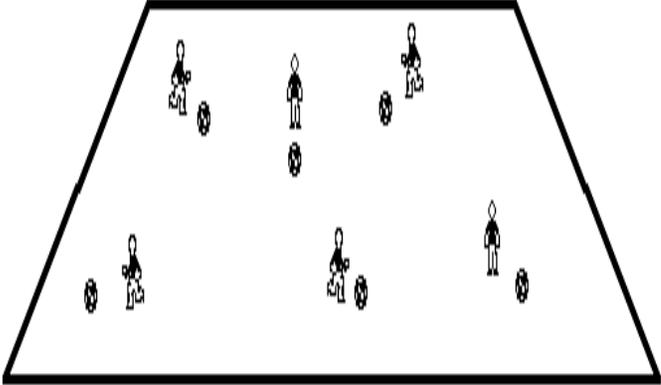


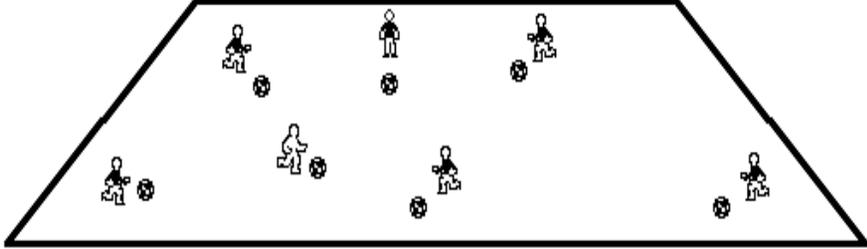
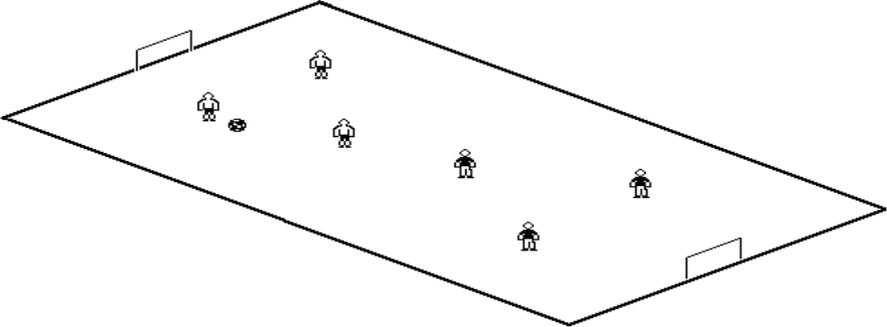
National Youth Certificate Course  
**Lesson Plan**



Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1. Zen Master Warm-Up</b></p> <p>Periodic Stretching and Calming Moments</p> <p>Give players a funny team mantra to quietly recite at calming moments</p>	<p><u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) and then move to new cone. Repeat.</p> <p><u>Activities Without Ball</u> 1 foot balance, other foot balance, 1 foot hop, other foot hop, 2 foot hop, bear crawl, crab crawl</p> <p><u>Introduce ball</u> Figure 8's around legs with hands, Round the Waist, Ball Tap on Forehead, Thigh Catch, Throw Catch, Head Catch, Ball Taps, Body Part Dribble, Ask Player to Pick</p> <p><u>Combine Two Activities</u> – Random select two activities to combine which players perform before moving on.</p>		<p>Stretching, Relaxation, Balance, Coordination Fun</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Extra laughs after team mantra</p> <p>Water Break!</p>
<p><b>2. Zen Master Follow the Master, Grasshopper</b></p> <p>Body Control, Balance Replication Practice</p> <p>Periodic Stretching and Calming Moments - Team Mantra</p>	<p>Groups of Two, one Master, one Student</p> <p>Master leads Student around and through the cones. When Masters reaches an open cone, they choose and perform a soccer skill (the activities we did in the Zen Master Warm-up or new ones) that must be replicated by the Student. Master chants Team or Individual Mantra (players can make up their own new individual chant)</p> <p>20 sec. then switch Master and Student. Repeat.</p> <p>Activities start without ball and then with ball after a few rounds.</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Encourage creativity of new soccer skills and new chants.</p> <p>Extra laughs for new individual chants</p> <p>Field Size: Cones should be 10 yards apart.</p> <p>Water Break!</p>

<p><b>3. Freeze Games</b></p> <ul style="list-style-type: none"> <li>- <b>Red Light - Green Light</b> Players move across area on command of Green Light. Coach announces Red Light and players must stop. Any players caught moving or with ball far away from them must restart 10 steps back toward starting line. When all players reach end line game is complete. Repeat.</li> <li>- <b>Freeze Tag</b> 45 sec. games Coach is "It." Players move in area. When "It" touches a player, player must freeze in that position. Teammates can unfreeze player by standing next to frozen player and stand on one foot balanced for count of 4.</li> <li>- <b>Freeze Tag w/ ball</b> Players have ball. When player is frozen, teammates must nutmeg frozen player to unfreeze.</li> </ul>	<p> Red Light Green Light</p> 	<p><b>Freeze Tag</b></p> 	<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Extra Laughs for funny frozen forms</p> <p>Field Size: Red Light – Green Light 20 x 40 yards</p> <p>Freeze Tag 25 x 25 yards</p> <p>Water Break!</p>
<p><b>4. 3v3 without keepers</b></p>	<p>Coach serves balls in. If ball goes out of play, have players leave it and coach restarts play with a new ball. Throw-ins can be added. Games to two or three and reshuffle players on teams if teams are lopsided. Celebrate Goals with Team Mantra!</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Field Size: 20 x 30 yards</p> <p><b>BIG FINISH</b> – Thank you and congratulations to all!</p>

Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1 Space Invaders</b></p> <p>To start, everyone is holding a ball and running in a space 20x15. Proceed to rolling the ball with your hands. Finish with players moving the ball or “driving it” around the space with their feet.</p>			<p>There is not that much space, where can you go so you don’t bump into anyone? Show me how?</p>
<p><b>2 Driving my Car</b></p> <p>Everyone is driving their “car” through the city 25x20 area, making engine noises, coach tells players when to switch into first gear (slow), now second gear (little faster), and third gear (real fast) at first; TURN; HIT THE BRAKES (make tires screeching sounds).</p>	<p>In each corner there is a “town” marked out with cones. i.e. Allentown, Vorhees etc. Can you visit all the towns-get there anyway you want. The side spaces between towns are the roads—be careful not to crash! Now everyone drive to your “hometown”. How fast can you drive to all the towns and finish at your town? Now the space in the middle is a lake, you have to go real fast through here or your car will sink—what, you have a boat? To finish, the coach can point in a direction of a town and players must drive there.</p>		<p>What do you see when you are driving around? How many ways you can stop your car using your feet only? How does a speedboat turn?</p>
<p><b>3 “I can do this can you”</b></p> <p>All the players have a ball and follow what the coach is doing, i.e. roll it around the legs etc.</p>			

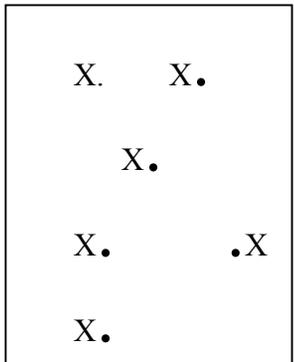
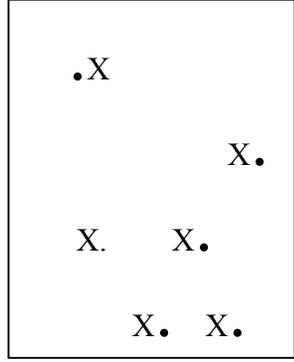
4 Bumper Cars			
	<p>Coach moves a ball around, players each with a ball try to kick their ball and knock something off the coach's car i.e. one tire, fender etc. let them keep going until the car can't go anymore.</p>		<p>How can you hit my car when your car is moving also?</p>
5 Game			
	<p>Coach is "Boss of Balls"; play 3v3 no GK in a 25x20 field. Remaining players from both teams on each side of coach. If ball goes out or in goal, a player from the outside replaces one player from each team.</p>		<p>How can you score a goal?</p>

Cool down: Body Part Dribble in small space, finish with a drink of water



# Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Free Movement with the Ball.</p> <p>Free Movement with the Ball at their Feet.</p>	<p>Every player has a ball in a 15 x 20 yd grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet.</p>	<p>20 yds.</p>  <p>15 yds.</p>	<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p>
2			
<p>Goofy Stop and Go</p>	<p>Same set up as above. All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>	<p>Coach</p> <p>20 yds.</p>  <p>15 yds.</p>	<p>Same as above.</p>

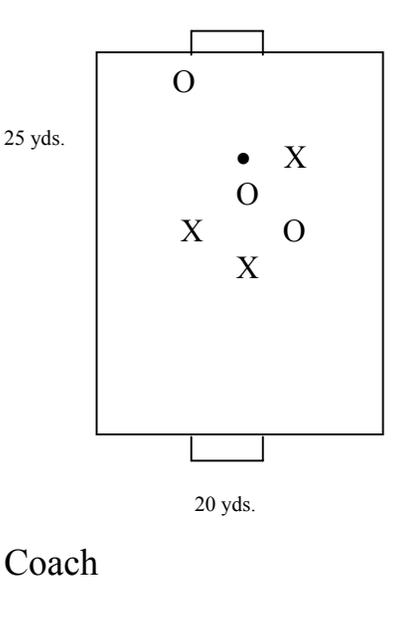


# Lesson Plan

3			
Body Part Dribbling	Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part.		Same as above.
4			
Hit the Ball (Relaxation Activity)	Players line up shoulder to shoulder on one end of the grid. Place 2 balls in the middle of the grid. One at a time players kick their ball and try to hit one of the balls in the middle.	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>20 yds.</p> <p style="text-align: center;">X. X. X.</p> <p style="text-align: center;">. .</p> <p style="text-align: center;">X. X. X.</p> <p style="text-align: center;">15 yds.</p> </div>	Rest from previous activities. The challenge of hitting a target.
5			
Sharks and Minnows	The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Coach</p> <p>20 yds.</p> <p style="text-align: center;">M. M. M. M.</p> <p style="text-align: center;">S S</p> <p style="text-align: center;">15 yds.</p> </div>	FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.



# Lesson Plan

6			
End Line Soccer	<p>Set up a 15 yd x 20 yd grid. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. A team scores by dribbling the ball or kicking the ball over their designated end line. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; decision making; change of speed; change of direction; defending.</p>
7			
3v3 Soccer Match	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>	 <p>25 yds.</p> <p>20 yds.</p> <p>Coach</p>	<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>



# Lesson Plan

8			
Cool Down Juggling	Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try “thigh-thigh-foot-catch”, etc.		FUN...challenging; balance; coordination.



# Lesson Plan

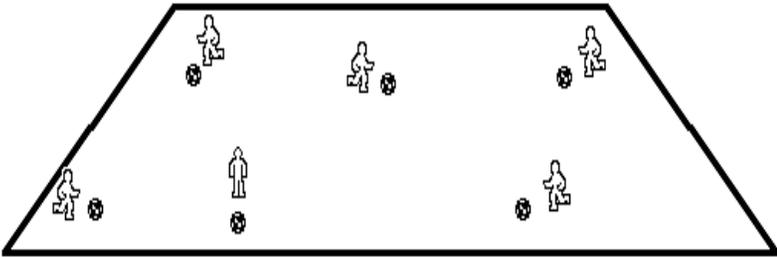
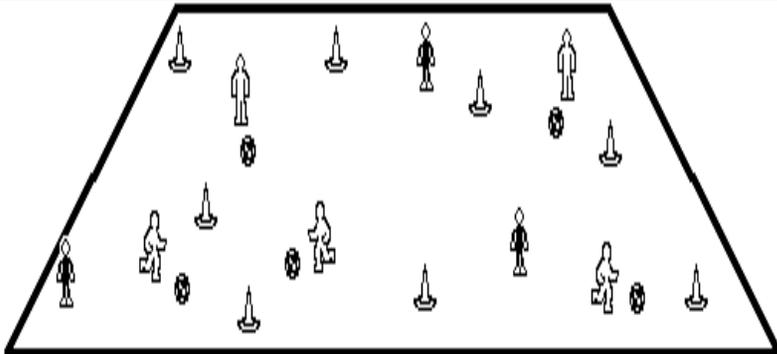


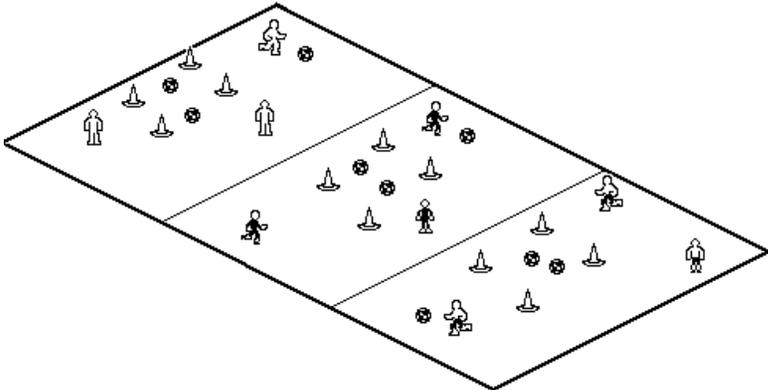
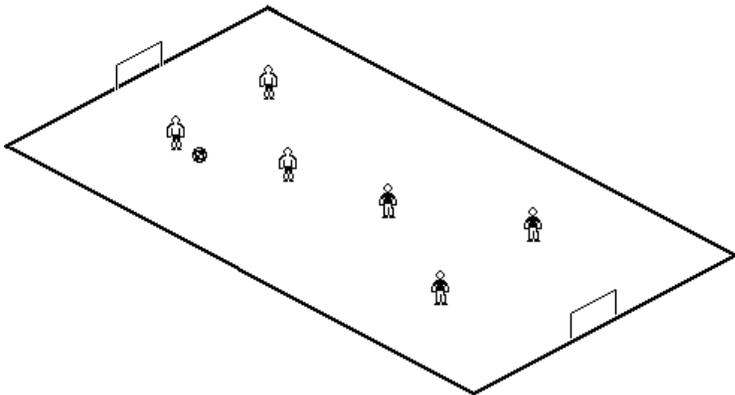
Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Retrieve	<p>The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.</p>		<p>The purpose of the activity is to encourage the children to move toward a target. First, by bring the ball with their hands and then with their feet.</p>
2			
Body Part Dribble	<p>In an area the size of the center circle the children dribble while avoiding each other. While they dribble the coach calls out a body part, such as “elbow,” “knee,” “nose” or “belly button.” The children stop the ball using the part of the body identified.</p>		<p>Children learn to keep the ball close so they can stop the ball quickly.</p>

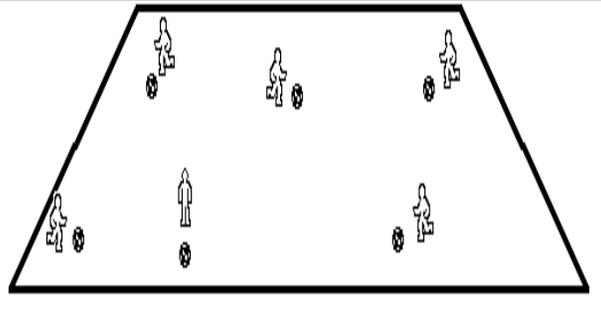


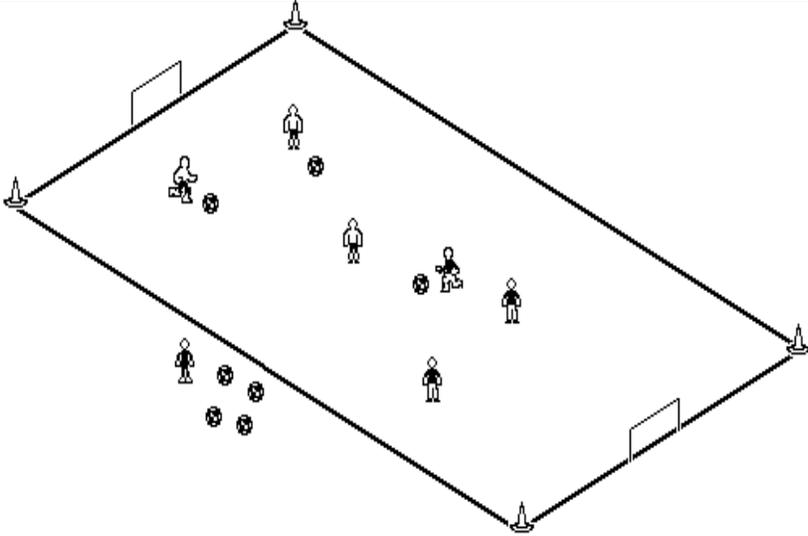
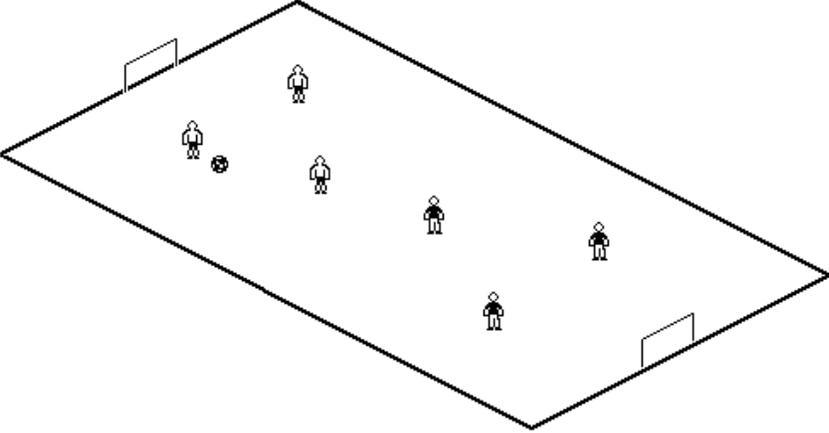
# Lesson Plan

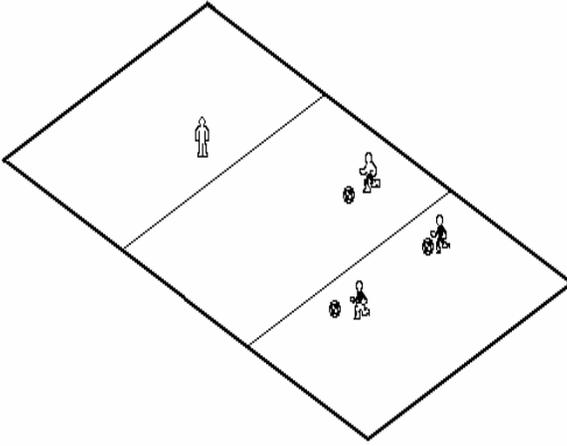
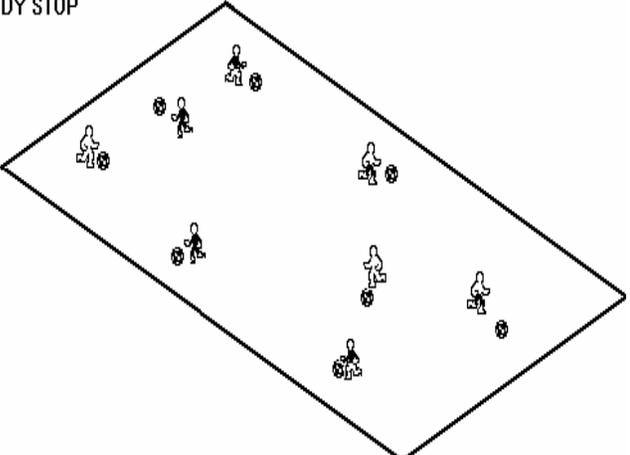
3			
Hospital Tag	<p>In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged. After the player is tagged for the third time, they must go to the hospital to get well. The hospital is a space ten to fifteen yards away where the player must dribble to and perform four ball touches. After completion they come back into the game with a fresh start.</p>		<p>The children learn to keep the ball close to be able to move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the “hospital” they are back in the game.</p>
4			
Gates Dribble	<p>Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble through as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another.</p>		<p>The children learn to control the ball at pace while running and turning.</p>
5			
3v3	<p>The session ends by playing 3v3 to the end line. This provides an appropriate target to attack and numerous 1v1 opportunities.</p>		<p>Children should be encouraged to try to dribble to the end line. There is no such thing as a “ball hog” here.</p>

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Red Light/Green Light</p>	<p>All players dribble soccer balls in grid. When coach yells out green light players dribble fast, red light--stop and put foot on top of ball, yellow--slow. Add more colors: blue--hide behind ball, black—dance, purple—run around ball, orange—hop over ball back and forth.</p>		<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction.</p>
<p>2</p> <p>Ball Tag</p>	<p>Players dribble in grid and try to kick their ball and hit other players' balls. Have them count how many times they hit others balls.</p>		<p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; shooting—timing and accuracy; basic shielding.</p>
<p>3</p> <p>Cops and Robbers</p>	<p>Have 2-3 cops, everyone else is a robber (only robbers have balls). Robbers dribble around and try to knock over the cones (banks) by kicking a ball at a cone and knocking it over. Cops run around and try to stand cones back up (before money falls out).</p>		<p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; passing—timing and accuracy; teamwork.</p>

<p>4</p> <p>Capture the Balls</p>	<p>3 teams of 3 players try to gather as many balls as can in their home base. Can steal balls from other teams and need to protect your own. Count up who has most at the end.</p>		<p>Change of direction; repetition of ball touches; change of direction and speed; eye-foot coordination; passing—timing and accuracy; shielding; teamwork--strategizing.</p>
<p>5</p> <p>3 vs. 3 game</p>	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>		<p>FUN... Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>

Activity Name	Description	Diagram	Purpose/Coaching Points
<h3>1 BALL MASTER</h3>			
<p>Each player should have a ball.</p>	<p>The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.</p>		<ul style="list-style-type: none"> <li>▪ Listening skills</li> <li>▪ Problem solving</li> <li>▪ Dynamic dribbling</li> </ul>
<h3>2 SHADOW DRIBBLE</h3>			
<p>Each player has a ball and follows the coach.</p>	<p>The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic. Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.</p>		<ul style="list-style-type: none"> <li>▪ Dribbling &amp; movement enhancement</li> <li>▪ Decision making</li> </ul>
<h3>3 KNEE TAG</h3>			
<p>In a 10 x 15 yard grid each player has a ball.</p>	<p>The kids dribble and try to tag others on the knee to collect a point for each tag.</p>		<ul style="list-style-type: none"> <li>▪ Physical fitness components</li> <li>▪ Dribbling &amp; shielding skills</li> <li>▪ Vision</li> </ul>

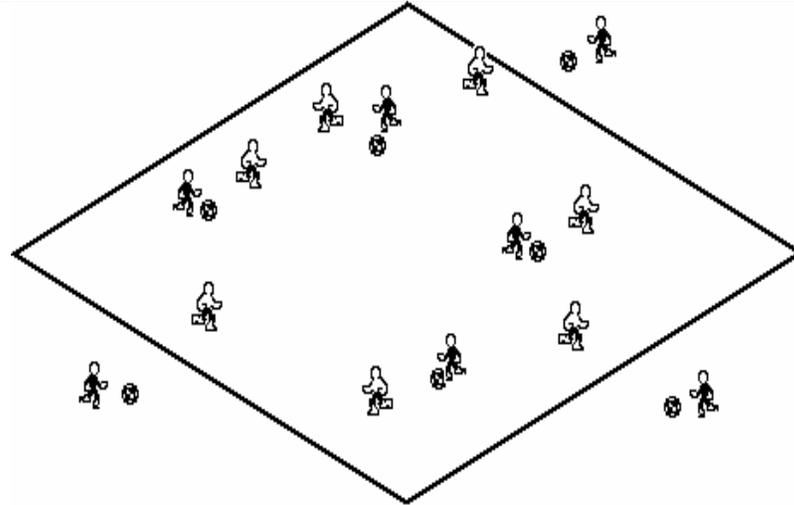
<h2>4 BALLS GALORE</h2>			
<p>Divide the players into two groups.</p>	<p>Play on a normal U6 game field with goals. Play a normal 3v3 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit. Gradually take out balls until the game is left with only one ball and then move directly into the match in activity number five below.</p>		<ul style="list-style-type: none"> <li>▪ All techniques for the age group occur</li> <li>▪ Vision</li> <li>▪ Some teamwork</li> <li>▪ Lots of 1v1 situations</li> <li>▪ Problem solving</li> </ul>
<h2>5 3 VS. 3</h2>			
<p>2 goals 1 ball No goalkeepers</p>	<p>Play a 3-on-3 match according to US Youth Soccer modified rules for the U6 age group.</p>		<ul style="list-style-type: none"> <li>▪ Summation of all challenges for the players.</li> <li>▪ Stay out of their way and let them PLAY!</li> </ul>

Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1 Moving with the Ball (and Red light – Green Light)</b></p>			
<p>In a 15 x 20 yd area, each player has a ball.</p>	<p>The coach asks the players to move around the area with their ball. (Some of the players may carry it with their hands as they move around; while others may dribble the ball with their feet...it's OK!)</p> <p><b>Variations:</b> Red Light – Green Light When the coach says “green light”, players dribble their ball with their feet. When the coach says “red light”, players must stop their ball and stand still. When the coach says “green light” again, the players begin to dribble their ball again. Have fun with their imaginations...have the players make “brake” sounds when coach says “red light” and have them make loud “motor sounds” when coach says “green light”.</p>	<p>RED LIGHT GREEN LIGHT</p> 	<p>The coach gives praise for creative movement, whether the ball is being carried with the hands or dribbled with the feet. The coach applauds dribbling with the feet, change of direction, etc. The coach highlights players that are dribbling the ball with their feet and asks if everyone can try to dribble the ball with their feet.</p>
<p><b>2 Body Part Dribbling</b></p>			
<p>In a 15 x 20 yd area, each player has a ball.</p>	<p>The players dribble freely in the area. When the coach says “NOW”, the players must stop the ball with any body part. Keep it going</p> <p><b>Variations:</b> After the players try it a few times, the coach will yell out a specific body part. Each player must try to stop the ball with that body part. Keep it going.</p>	<p>BODY STOP</p> 	<p>The coach gives praise for creativity and asks each player what body part they used.</p>

### 3 Sharks and Minnows

10 x 15 yd rectangular grid. Two players, the sharks, do not have a ball. The rest of the players, the minnows, each have a ball.

The minnows line up side by side along one of the 10 yd lines facing the other 10 yd line. The sharks position themselves inside the grid facing the minnows. When the coach says, "swim", the minnows try to dribble their soccer balls past the sharks, safely to the other side of the grid. If a shark steals a soccer ball from a minnow or kicks a ball out of the grid, the minnow becomes a shark and the family of sharks grows. The minnows that make it safely to the opposite side get to swim again on the coach's command. Continue until all the players become sharks. If a shark steals a ball and can dribble it over any line of the grid, then the shark becomes a minnow and the minnow becomes a shark. (These are games of inclusion...no one sits out.)

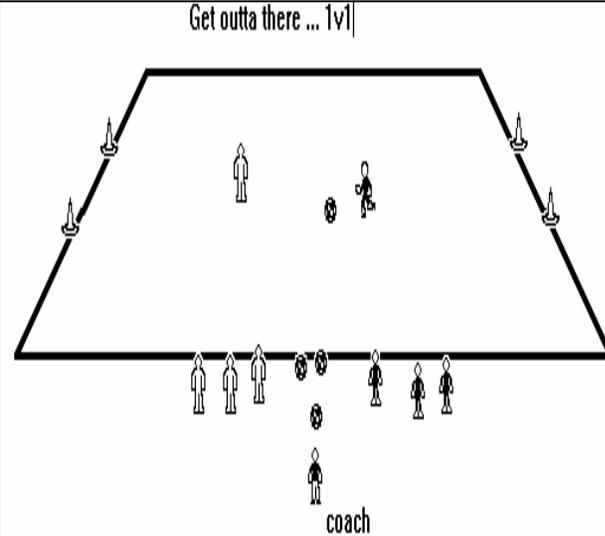


Minnows must keep ball close when being pressured by the sharks. Minnows must recognize open space so that they can speed past the sharks if the sharks are busy elsewhere. Sharks must concentrate on stealing (tackling) the ball.

### 4 Get Outta' There

Set up a 15 x 20 yd grid with a goal at each end. The goal is 3-4 steps wide using flags or cones. The players are divided into two teams color coded with pennies. NO GOALKEEPERS. The coach is located centrally on one side of the field, outside of the playing area. Each team lines up single file on both sides of the coach facing the field.

The coach kicks a ball onto the field. The first player from each team chases the ball and plays 1v1. The players shoot at the goal that is farthest from their starting position. If the ball goes out of bounds or is scored, the players must get off of the field immediately and return to the end of their line. If they don't get off the field quickly, the coach yells, "Get Outta' There!" Once the players are off the field, the coach kicks the next ball onto the field and the next 1v1 begins. The ball is the cue. If the coach says, "ONE" before he serves the ball onto the field, then the game is a 1v1, like above. If the coach says, "TWO" before he serves the ball onto the field, then the game is a 2v2...2 players from each line play against each other.



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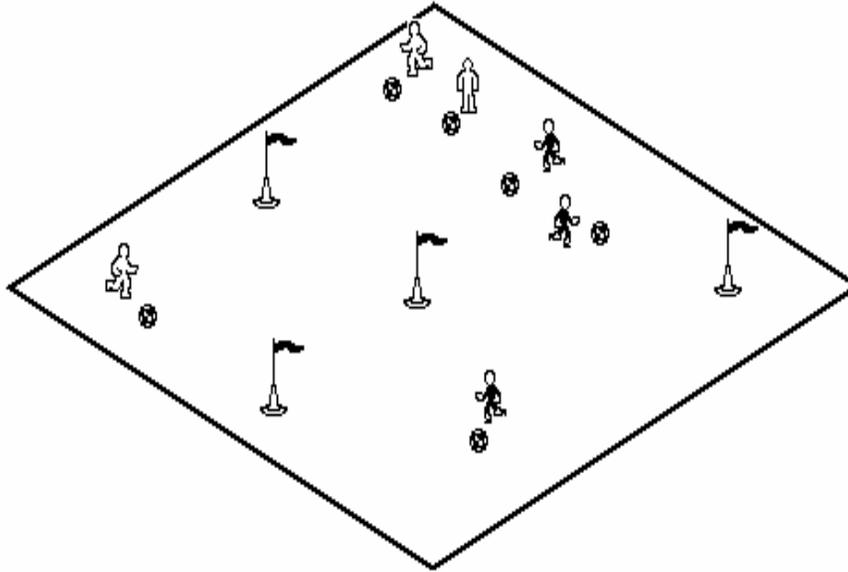
# Lesson Plan



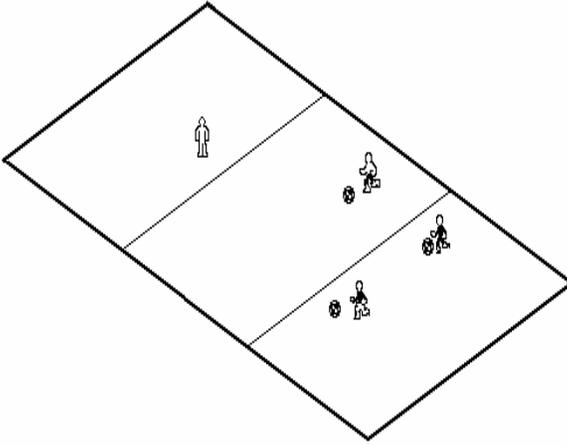
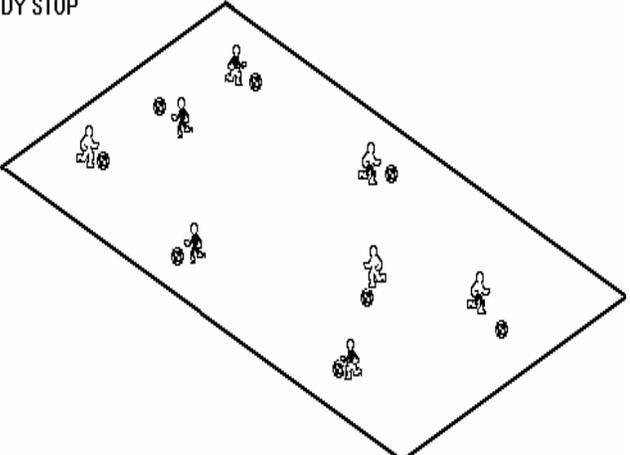
## 5 Cool Down Activity...Hit the Ball (Cone).

Extra soccer balls (cones) are scattered around an area (free space). Each player has his or her own soccer ball.

Players try to kick their ball so that it hits one of the stationary balls (cones) that have been scattered around the area. They can start from various distances. After they hit one ball (cone), they can try to hit another ball (cone).



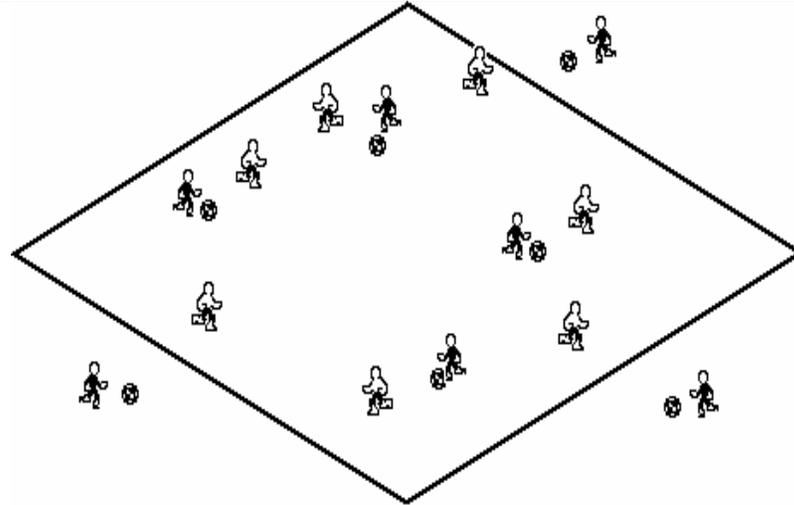
Coordinate this activity so that everyone isn't kicking their ball at the same ball (cone). Let them play and have fun. Give generous praise for their effort and hard work.

Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>1 Moving with the Ball (and Red light – Green Light)</b></p>			
<p>In a 15 x 20 yd area, each player has a ball.</p>	<p>The coach asks the players to move around the area with their ball. (Some of the players may carry it with their hands as they move around; while others may dribble the ball with their feet...it's OK!)</p> <p><b>Variations:</b> Red Light – Green Light When the coach says “green light”, players dribble their ball with their feet. When the coach says “red light”, players must stop their ball and stand still. When the coach says “green light” again, the players begin to dribble their ball again. Have fun with their imaginations...have the players make “brake” sounds when coach says “red light” and have them make loud “motor sounds” when coach says “green light”.</p>	<p>RED LIGHT GREEN LIGHT</p> 	<p>The coach gives praise for creative movement, whether the ball is being carried with the hands or dribbled with the feet. The coach applauds dribbling with the feet, change of direction, etc. The coach highlights players that are dribbling the ball with their feet and asks if everyone can try to dribble the ball with their feet.</p>
<p><b>2 Body Part Dribbling</b></p>			
<p>In a 15 x 20 yd area, each player has a ball.</p>	<p>The players dribble freely in the area. When the coach says “NOW”, the players must stop the ball with any body part. Keep it going</p> <p><b>Variations:</b> After the players try it a few times, the coach will yell out a specific body part. Each player must try to stop the ball with that body part. Keep it going.</p>	<p>BODY STOP</p> 	<p>The coach gives praise for creativity and asks each player what body part they used.</p>

### 3 Sharks and Minnows

10 x 15 yd rectangular grid. Two players, the sharks, do not have a ball. The rest of the players, the minnows, each have a ball.

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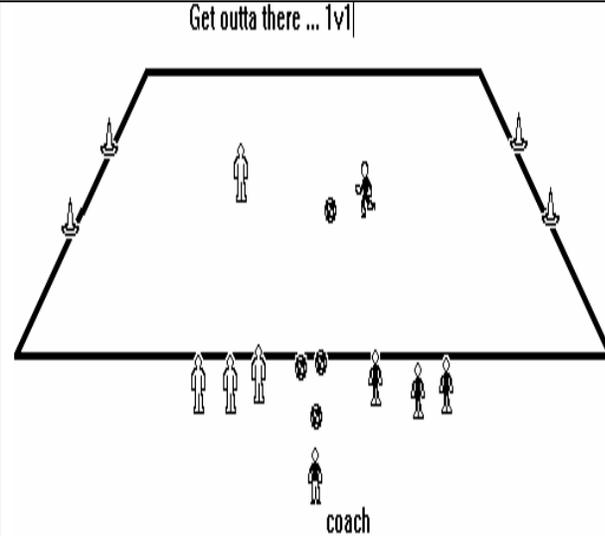


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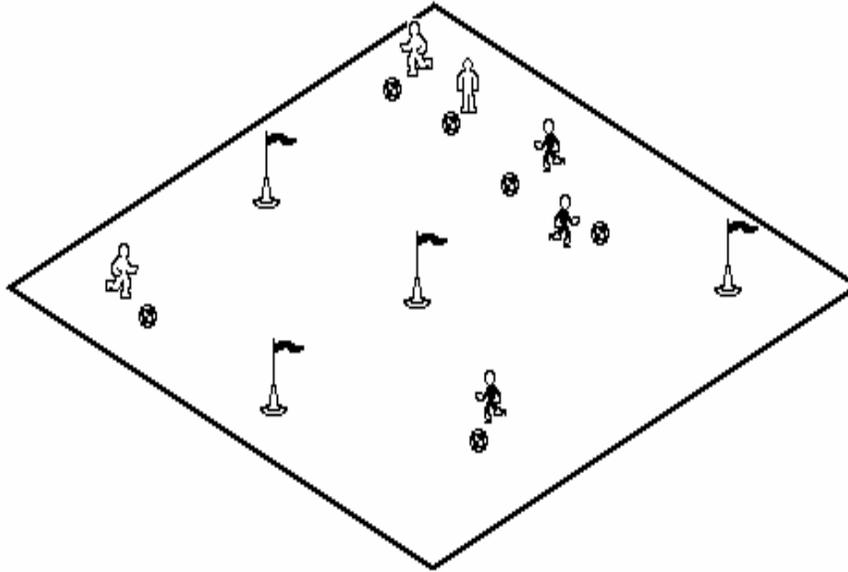
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