
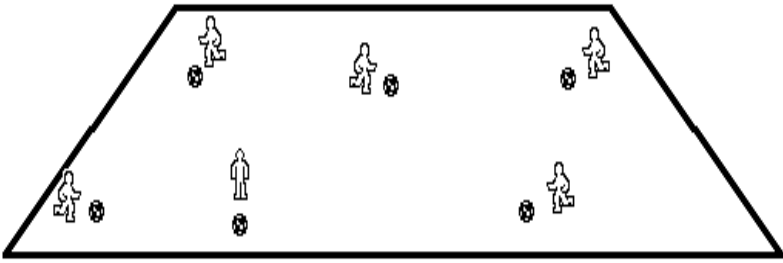
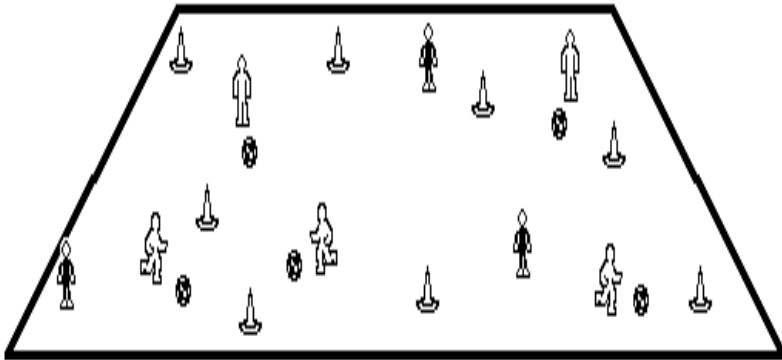
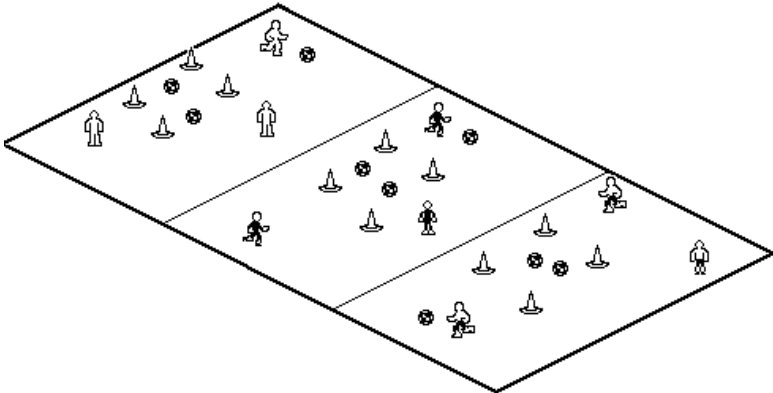
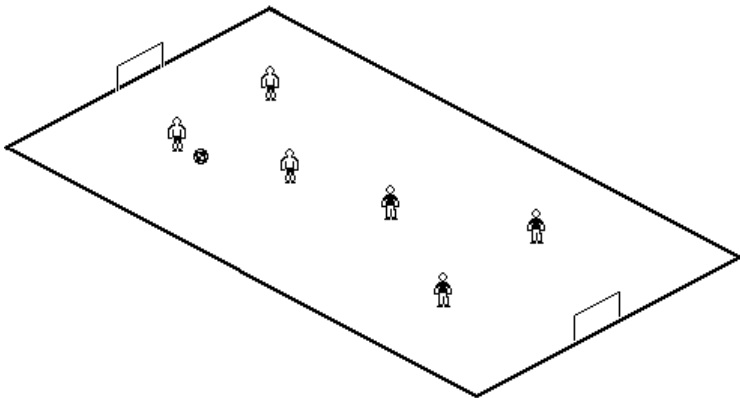


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Red Light/Green Light</p>	<p>All players dribble soccer balls in grid. When coach yells out green light players dribble fast, red light--stop and put foot on top of ball, yellow--slow. Add more colors: blue--hide behind ball, black—dance, 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>