



ACTIVITY #1

Set up: WARM UP: 0-10 Minutes. Field Size: 20 yards wide by 30 Yards long

Instructions: Split team into two groups Red and Yellow. One team has soccer balls the other team does not. When the coach says go, the group without the soccer balls tries to kick all of the soccer balls out of the grid. Once the ball is out of the grid the player is not allowed to enter until the round is up. You can play 60 second rounds or play until all but one player is left with their soccer ball. As you progress through the first couple of minutes, take the time to show your team dynamic stretches.

Coaching Points: 1) Kick the ball not the player with the ball.
2) Get low (knees bent) and keep eyes on ball, not on man
3) Be on toes ready to make quick movements



ACTIVITY #2

Set up: SMALL GAME: 10-35 Minutes. Half of the field.

Instructions: Make it Take It. Divide your team into two groups (Red and Yellow). One team starts on offense and the one on defense (in example above Red is on offense). Play starts with Coach. If Red Scores the play starts back with the Coach passing it in. Yellow gets on offense by dribbling the ball over the endline under control. Play throw-ins, corners and goal kicks.

Coaching Points: 1) Defend as a team
2) Individuals close space quickly
3) Quick transitions-once your team wins the ball look to play it forward quickly.



ACTIVITY #3

Set up: BIG GAME

35-55 Minutes. Field Size: 45-50 yards wide by 50-60 yards long. 2 teams (Red and Green). Goalkeepers in yellow pennies. Set up two offsides lines 20 yards out from each goal (this can also serve as a goalie box). Scatter plenty of soccer balls around the field to keep the play moving.

Instructions: Play throw ins, goalkicks, corners and offsides. Can play neutrals if numbers are uneven. Put team in a certain formation 2-2-1 or 3-1-2 (coaches preference)

Coaching Points: 1) Players need to close space quickly
2) Defend as a team
3) Focus on increasing confidence through positive reinforcement and limited constructive