

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)

HOT POTATO:

In a 15Wx20L yard grid divided into four areas. Place at least two players in each area with a soccer ball. Players will be passing and moving within their area. When the coach says "HOT POTATO" the players in each grid will pass their soccer ball clockwise to the neighboring square grid. Have players count their passes, if they drop the HOT POTATO (the ball leaves their playing area), then their score goes back to zero.

ACTIVITY VARIATIONS

- Round 1: Two players in each area
- Round 2: Have players attempt to beat their score from Round 1
- Round 3: Players must pass the ball with their non-favorite foot
- Round 4: Play with three players in each area



ACTIVITY 2

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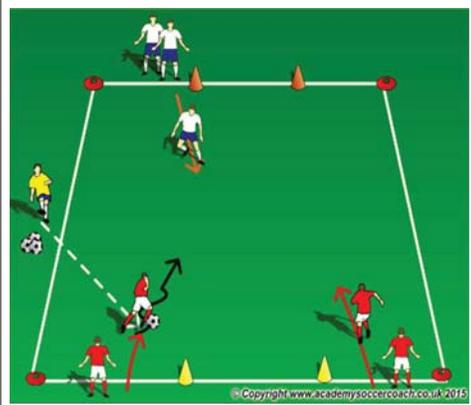
ORGANIZATION - (Physical Environment / Equipment / Players)

CAPTURE THE BALLS:

In a 15Wx20L grid with a small square in each corner. Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball (with their feet). They try to dribble into their home base. Once all the balls are out of the middle, players can steal soccer balls from their opponent's home bases and take them to their home. Coach: Call time and each team counts the balls they have collected.

ACTIVITY VARIATIONS

- Round 1: Players go to middle and retrieve their own ball (feet only) as fast as they can
- Round 2: Players go to middle and work together to get as many balls back to their home base as they can
- Rounds 3 & 4: Players go to the middle and to other bases to get or steal as many balls to take back to their home base



ACTIVITY 3

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

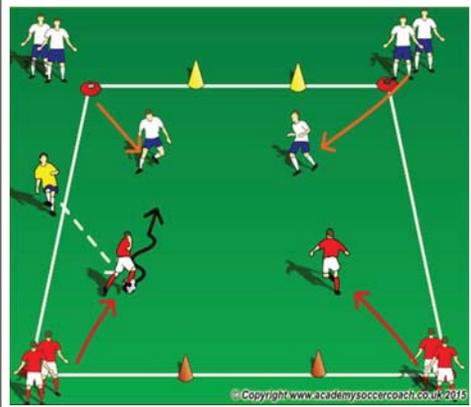
2v1 to GOAL:

Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal.

- If the attackers score: 1 point.
- If the defender steals the ball and scores: 5 points

ACTIVITY VARIATIONS

- Rounds 1-4: Play 2v1, rotate attacking teams
- Rounds 5-8: Add a time component, e.g. team that scores in 15 seconds or less gets 10 points



ACTIVITY 4

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

4 CORNER DRIBBLING THROUGH THE GOAL:

In 15Wx20L yard grid with an goals at each end, split players into 2 teams, with players start in corners of the playing area, next to the goal they will defend. The coach will start on the sideline with all soccer balls. When the coach serves the ball onto the field, one player from each corner comes out to play a 2v2. The game is over when one team scores by dribbling the ball through the goal. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line. Rotate which team is served the ball first.

ACTIVITY VARIATIONS

- Coach can choose to add Bonus points. some examples include:
- Add a time limit for extra points (10 goals if you score before 10 seconds are up)
- Number of passes before scoring equals the goal point score. IE. 4 passes then a goal = 4 points

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!

30 min