



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)

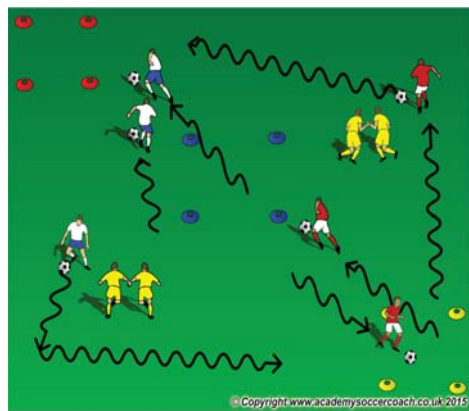
DRAGON'S DEN:

In a 15Wx20L yard forest, coach sets up 3 x 4 yard boxes. The middle box is the dragon's den and the coach stands in it. The players (dragon slayers) are split between the other 2 boxes (castles.) On the coaches command, the players try to dribble into the dragon's den without waking the dragon. If they can sneak in and back to their castle, they earn 1 point. If the dragon can tag them, they must go back to their castle before they can try again. First dragon slayer to 3 points wins the round. Boxes (Castles) can be randomly set up or in a row.

ACTIVITY VARIATIONS

Round 1-2: Play as above

Round 3-4: same set up but now they must try to slay the dragon by tagging the dragon and returning to their castle. Same point system in place.



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)

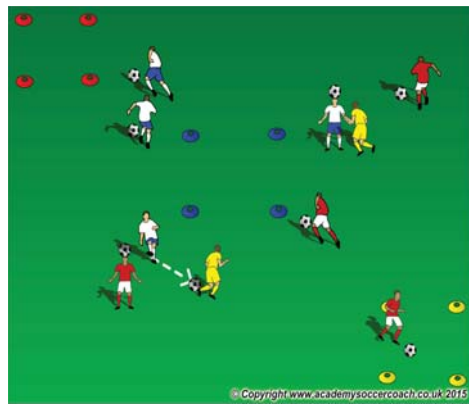
TWO-HEADED MONSTER:

In a 15Wx20L yard forest, coach sets up 3 x 4 yard boxes. Boxes are caves to hide from the monster (monsters are afraid to go into the caves.) The monsters are 2 players holding hands; (to make the second two-headed monster add 2 players.) The players are trying to sneak from cave to cave without getting attacked by the monster. If a monster tags them, the monster eats all their points. Challenge the players to go in and out of the same opening in the cave (turn.) Challenge the players to go diagonally through the cave (inside or outside of the foot.)

ACTIVITY VARIATIONS

Round 1: Challenge the players to get into as many caves as possible in 1 minute 30 seconds.

Round 2-4: Select new monsters



ACTIVITY 3

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)

MUD MONSTER:

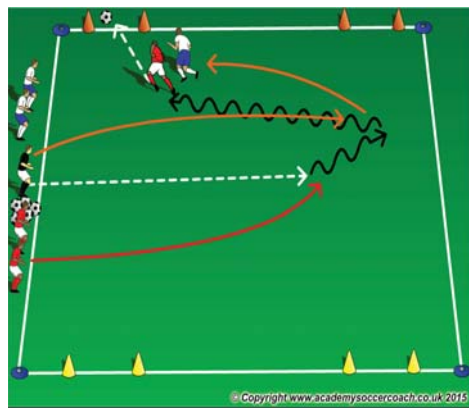
In a 15Wx20L yard swamp, coach sets up 3 x 4 yard islands. Islands are safe and the mud monster can not enter an island. Coach starts as the mud monster and he will try to tag the dribblers as they move from island to island. If a dribbler gets tagged, he is stuck in the mud and must raise the ball over his head. To get unstuck, a teammate can pass their ball through their legs and they are now free. If a dribbler can hit a mud monster below the knees with their soccer ball, everyone is now free.

ACTIVITY VARIATIONS

Round 1: Coaches are the Mud Monsters

Round 2: 1 coach and 1 player are the Mud Monsters

Round 3-4: 2 Players are the Mud Monsters.



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)

DRAGONS vs MONSTERS:

(White team is Dragons and Red team is Monsters)

In a 15Wx20L yard grid with 2 goals on each end line, the players are divided into 2 teams. 1 team starts on the coaches right side and the other on the left. The coach has all the soccer balls in the middle with them. When the coach passes a ball onto the field, the first player from each team chases after it and tries to score in either of their opponents goals. Once a goal is scored or the ball goes out of play, players leave the field. The next ball is put into play for the next players in line. Game is over when the coach is out of soccer balls.

ACTIVITY VARIATIONS

Round 1-2: One game of 1v1 at a time

Round 3-5: Have two 1v1 games going at the same time with different soccer balls

Round 6-8: Coach can make the games 2v1, 2v2

U6: 3v3 - Dual Field Scrimmage

If possible, set up two fields 20W x 30L yards with a 5 yard space between them in order to keep the majority of your team playing.

25 Min.