



### ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
-----------	-------	------------	-----	------------	---	----------------	---------	----------------	--------

ORGANIZATION - (Physical Environment / Equipment / Players)

#### GATE DRIBBLING:

In a 15Wx20L grid set up several gates (two cones about 2 yards apart). All players have a ball and must dribble through the gates to score points. Have the players keep count how many points they scored in 30 seconds. Repeat asking the players to beat their score by one or more points.

#### ACTIVITY VARIATIONS

- Round 1: Players will use one foot to dribble through a gate
- Round 2: Players will dribble through a gate and turn with the inside of the foot
- Round 3: Players will dribble through a gate and turn by using a Dragback
- Round 4: Players will dribble through a yellow gate and perform an Inside of the Foot Turn and a Dragback in the orange gates



### ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	3	Activity Time:	2 min	Recovery Time:	30 sec
-----------	-------	------------	-----	------------	---	----------------	-------	----------------	--------

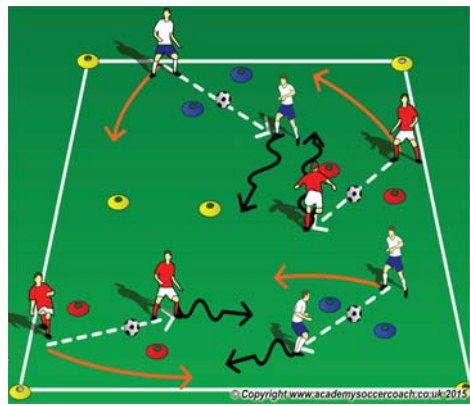
ORGANIZATION - (Physical Environment / Equipment / Players)

#### GATE DRIBBLING with BANDITS:

In a 15Wx20L yard grid, set up several gates (two cones about 2 yards apart). Select 2 players to be the "Bandits"; they will try to steal the ball from the players trying to score points by dribbling through the gates. If the bandit steals the soccer ball he/she will try to score goals and the person without the ball becomes the bandit. Play 2 minute games. See how many points each player can score and add a bonus if you have a ball at the end of each round.

#### ACTIVITY VARIATIONS

- Round 1: Coach starts as the Bandit
- Round 2: Select 2 players to be the Bandits
- Round 3: Select 3 players to be the Bandits



### ACTIVITY 3

Duration:	8 min	Intensity:	Med	Intervals:	3	Activity Time:	2 min	Recovery Time:	30 sec
-----------	-------	------------	-----	------------	---	----------------	-------	----------------	--------

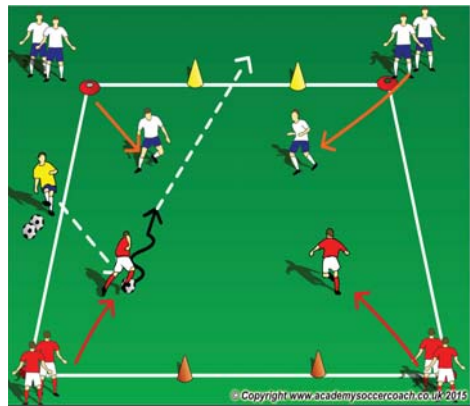
ORGANIZATION - (Physical Environment / Equipment / Players)

#### GATE PASSING:

In a 15Wx20L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Players count how many points they score in 2 minute. Repeat and ask the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and use their favorite or weak foot.

#### ACTIVITY VARIATIONS

- Round 1: Players will make 1 pass through a gate and go on to the next gate
- Round 2: Players will make two passes through a gate and go on to the next gate
- Round 3: Players will try to pass through 2 gates and go on to the next set of gates



### ACTIVITY 4

Duration:	8 min	Intensity:	Med	Intervals:	2	Activity Time:	3 min	Recovery Time:	1 min
-----------	-------	------------	-----	------------	---	----------------	-------	----------------	-------

ORGANIZATION - (Physical Environment / Equipment / Players)

#### 4 Corner Shooting:

In 15Wx20L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field and the first player at each cone comes in play. Players need to get off the field quickly and get back in line after a goal is scored or the ball goes out of bounds.

#### ACTIVITY VARIATIONS

- Round 1: Start with 2v2 games
- Round 2: Coach can add more players to the game as his/her discretion

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!

25 min