

### ACTIVITY 1

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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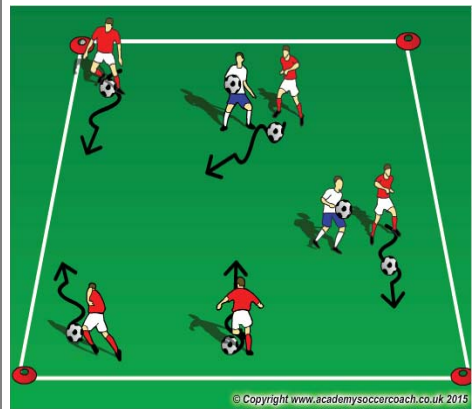
ORGANIZATION - (Physical Environment / Equipment / Players)

#### CANNON BALL RUN:

In a 15W x 20L yard grid (the ship) place all the players (PIRATES) on one end line without a ball. Coaches will start on the outside of the activity with all soccer balls and attempt to hit pirates below the knee as they run across the ship, by PASSING THE BALL ON THE GROUND. When the coach calls out "Cannon Ball Run", all the pirates will run to the other end of the ship and avoid getting hit. Any pirate that gets hit below the knee must join the coaches as a Cannon Ball Shooter.

#### ACTIVITY VARIATIONS

Round 1: Coaches start with the balls, players do not get eliminated if they are hit  
 Round 2-3: Once players are hit below the knee they must help the coaches and shoot cannon balls  
 Round 4: Two players start as cannon ball shooters, coaches and players run



### ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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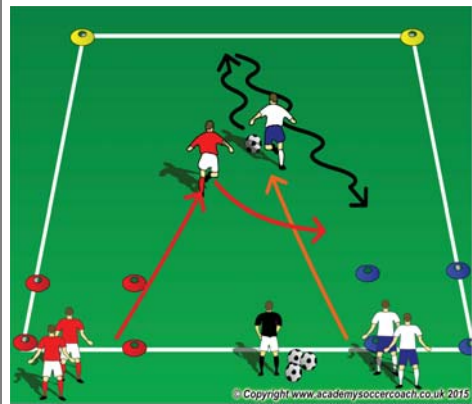
ORGANIZATION - (Physical Environment / Equipment / Players)

#### MARBLE KINGS / QUEENS:

In a 15W x 20L yard grid, select 2 or 3 Marble Kings / Queens to start the game with a soccer ball in their hands. All other players will be dribbling their ball. The Marble Kings / Queens have to run around and tag the dribblers' ball with their soccer ball by throwing it underhand. When a dribblers soccer ball gets tagged, they become a Marble King/Queen, the Marble King / Queen becomes a dribbler.

#### ACTIVITY VARIATIONS

Round 1: The coach starts as the the Marble King/Queen  
 Round 2-3: Select 2 or 3 players to be the Marble Kings or Queens  
 Round 4: Pair players up. One is the dribbler, the other is a Marble Kings/Queens. Switch roles every time the Marble King/Queen tags the partner's ball



### ACTIVITY 3

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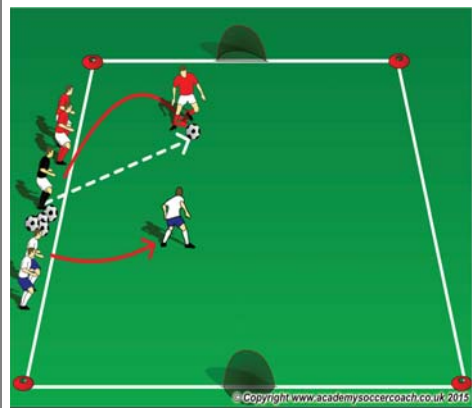
ORGANIZATION - (Physical Environment / Equipment / Players)

#### CASTLE COMBAT:

In a 15W x 20L yard grid, the coach makes 2 teams of 3-5 players each. Players are lined up next to the coach. When the coach serves in the ball, the 1st player on each team will go after the soccer ball and try to dribble the ball back to their castle. If a player stops the soccer ball inside their castle, they get a point for their team. Players can not defend inside the other teams castle.

#### ACTIVITY VARIATIONS

Round 1: One game of 1v1 at a time  
 Round 2: Have two 1v1 games going at the same time with different soccer balls  
 Round 3-4: Coach can make the games 2v1, 2v2



### ACTIVITY 4

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

#### 1v1 CANNON BALL SHOOT OUT:

In a 15W x 20L yard grid (THE OCEAN) place pirates on 2 teams standing on either side of the coach, with a small goal on each end line. The coach will serve a ball out (THE CANNON BALL) into the Ocean and the 1st pirate in each team's line will go out and try to shoot the cannon ball in the opponents goal to sink their pirate ship!

#### ACTIVITY VARIATIONS

Round 1-2: Play 1v1  
 Round 3-4: Coach can make the games 2v1, 2v2

U6: 3v3 - Dual Field Scrimmage

Set up two fields 20W x 30L yards with a 5 yard space between them to keep the majority of players playing. Allow plenty of breaks for water and rest!

25 min