

### ACTIVITY 1

Duration:	8	Intensity:	Med	Intervals:	6	Activity Time:	1 min	Recovery Time:	20 sec
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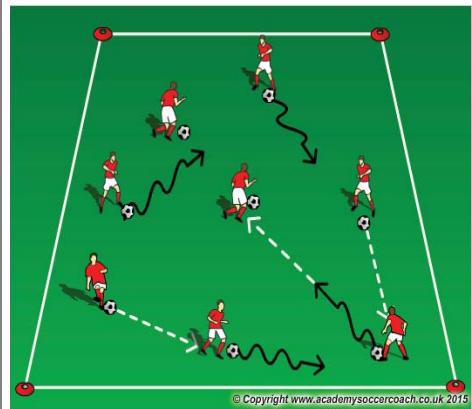
ORGANIZATION - (Physical Environment / Equipment / Players)

#### PAIRS PASSING COMPETITIONS:

In a 15 W x 20L playing area, all players select a partner, with one soccer ball per pair. Players start between 5 and 10 yards away from each other. On the coaches command players will pass the ball back and forth as many times as they can in 1 minute. After making a pass, players must move into space! Award bonus points for correct technique.

#### ACTIVITY VARIATIONS

- Round 1: How many passes can you make as a pair in 1 minute?
- Round 2: Can you beat your score from round 1?
- Rounds 3-4 : How many passes can you make with your non-favorite foot? Can you beat that score?
- Round 5: How many passes can you make if you receive the ball then dribble (5 touches) before passing?
- Round 6: Repeat Round 6, but passes should be made with non-favorite foot!



### ACTIVITY 2

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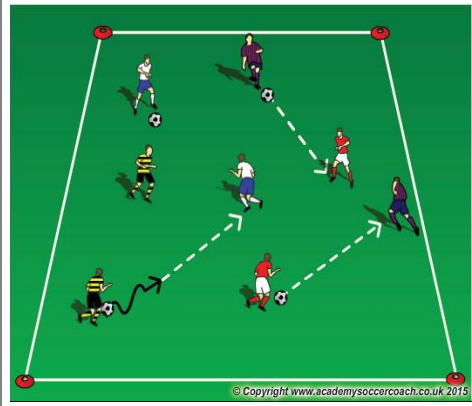
ORGANIZATION - (Physical Environment / Equipment / Players)

#### SOCCER DODGEBALL:

In a 15 W x 20L playing area, all players have a soccer ball. Players will dribble around the playing area and attempt to hit other players below the knee by passing their ball at them. If a player gets hit, they must sit down. To get back into the game a player must throw their ball while sitting to hit another player below the knee. Players cannot crawl or move around the area if they are down. Coaches can collect soccer balls and return to players who are down and are without a ball.

#### ACTIVITY VARIATIONS

- Rounds 1-2: Play until there is only 1 dribbler left
- Rounds 3-4: Players must now use their non-favorite foot to hit other players



### ACTIVITY 3

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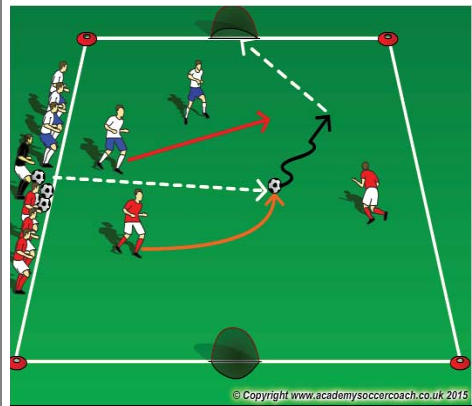
ORGANIZATION - (Physical Environment / Equipment / Players)

#### PAIRS SOCCER DODGEBALL:

In a 15 W x 20L playing area, all players select a partner, with one soccer ball per pair. Partners will work together by dribbling and passing around the playing area and attempt to hit other pairs below the knee by passing their ball at them. If one player gets hit, they must sit down. To get their partner back into the game a pair must make 5 passes back and forth with their partner. If the second partner gets hit while the first player is down, then both players must sit. To get back into the game a player must throw their ball while sitting to hit another player below the knee

#### ACTIVITY VARIATIONS

- Rounds 1-2: Play until there is only 1 dribbler left
- Rounds 3-4: Pairs must now use their non-favorite foot to hit other players



### ACTIVITY 4

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

#### 2v2 GET OUTTA THERE:

In a 15Wx20L yard grid, players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls. The coach serves a ball into the grid and 2 players from each team try to gain possession and score in their opponent's goal. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there" and all the players leave the field.

#### ACTIVITY VARIATIONS

Coach can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field.

U8: 4v4 - Dual Field Scrimmage

Set up two fields 25W x 30L yards with a 5 yard space between them in order to keep as many players as possible. Allow plenty of breaks for water and rest!