

ACTIVITY 1

Duration:	8	Intensity:	Med	Intervals:	12	Activity Time:	30 sec	Recovery Time:	10 sec
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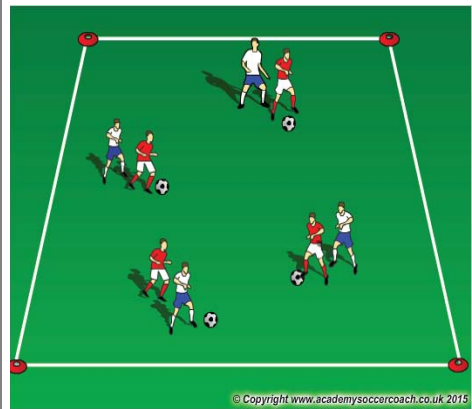
ORGANIZATION - (Physical Environment / Equipment / Players)

TOM AND JERRY:

In a 15W x 20L grid, have players pick a partner. To begin with neither player will need a soccer ball. One player will be Jerry and will start facing their partner at one end of the playing area. The other player will be Tom, Tom's will start at the other end of the grid with their back facing their partner. Jerry's will creep up behind Tom's and tag them on the back. (Tom's are not allowed to peek!) Once Jerry has tagged Tom, they must race back to their start position. As soon as a Tom is tagged, they must turn and try to tag Jerry before they reach the end line.

ACTIVITY VARIATIONS

Round 1: Both players play without a soccer ball
 Round 2: Jerry's must dribble a soccer ball, and turn with the ball as they tag their Tom
 Round 3: Both Tom and Jerry play the game with a soccer ball
 Allow each player to repeat each variation of the game (with/without soccer ball at least 3 times)



ACTIVITY 2

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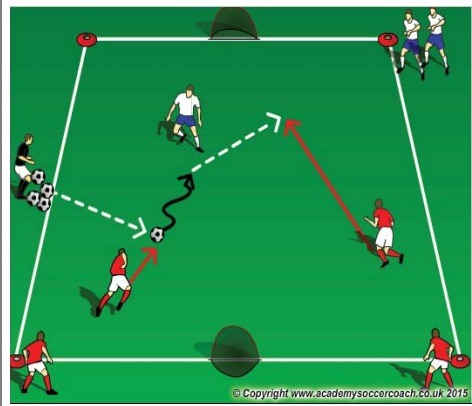
ORGANIZATION - (Physical Environment / Equipment / Players)

STEAL SHIELD:

In a 15Wx20L grid, each player has a partner with one ball to share. One player starts with the ball. On the coaches command his/her partner tries to steal the ball away. Once a player has stolen the ball they must try to keep possession until the end of the round. The player who ends up with the ball gets a point. If the ball goes out of bounds, the player who took the ball out must give up possession to their opponent.

ACTIVITY VARIATIONS

Rounds 1-3: Players work with their partner, who can get the most points?
 Rounds 4-6: If a player loses possession they can now steal the ball from any player with a soccer ball. You cannot steal the ball back from the player who stole your ball.



ACTIVITY 3

Duration:	8	Intensity:	High	Intervals:	8	Activity Time:	20 s	Recovery Time:	40 s
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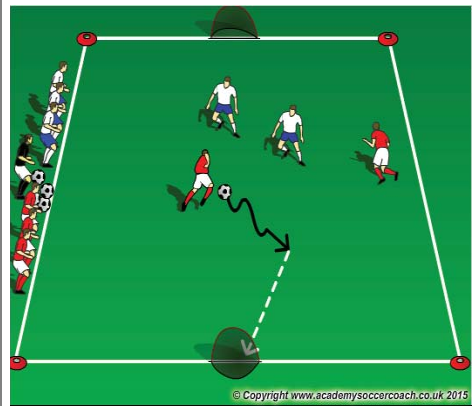
ORGANIZATION - (Physical Environment / Equipment / Players)

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. Play until a goal is scored or for 20 seconds. If the ball leaves play early, the coach can pass in a new ball.

ACTIVITY VARIATIONS

Have players rotate positions after they have completed 2-3 turns.
 Bonus points can be awarded for scoring a goal after a pass or turn, or if the defender steals the ball and scores a goal.



ACTIVITY 4

Duration:	8	Intensity:	High	Intervals:	8	Activity Time:	20 s	Recovery Time:	40 s
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ORGANIZATION - (Physical Environment / Equipment / Players)

2v2 TO GOALS AT EITHER END:

Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 2 teams. Players start on the sideline on either side of the coach. When the coach plays the ball into the playing area, the first 2 players from each team will enter play. Both teams can score on either goal!

ACTIVITY VARIATIONS

Award bonus points for goals scored after a turn or pass.

J8: 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!

25 Mins