

### ACTIVITY 1

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

ORGANIZATION - (Physical Environment / Equipment / Players )

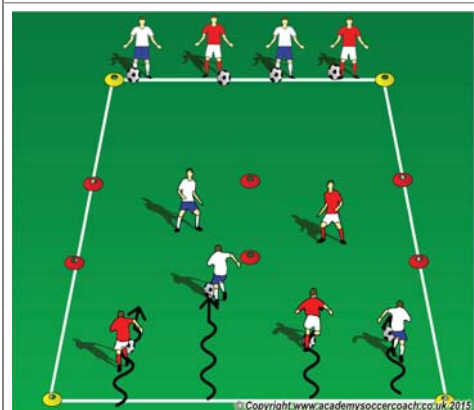
#### SNAKE:

In a 15Wx20L yard grid. All players are dribbling a soccer ball with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. The snake should not be bigger than 3-4 players.

Coach: Encourage the snake players to hiss like a snake.

#### ACTIVITY VARIATIONS

- Round 1: The coach starts as the snake
- Round 2: Select 2 players to be snake
- Round 3-4: Select 3 players to be the snake



### ACTIVITY 2

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

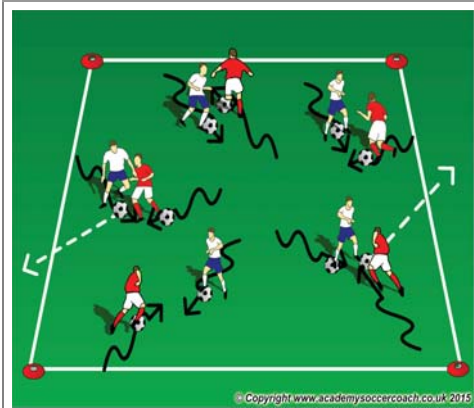
ORGANIZATION - (Physical Environment / Equipment / Players )

#### BOSTON BULLDOGS:

In a 15Wx20L yard grid with a 5x15 yard area in the middle of the grid (The Dog pound). The dribblers will try to cross the dog pound by eluding the Bulldogs. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the dog pound. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog steals the ball from the dribbler he/she switches with the bulldog.

#### ACTIVITY VARIATIONS

- Round 1: The coach starts as the bulldog
- Round 2: Select 2 players to be bulldogs
- Round 3: Select 3 players to be the bulldogs



### ACTIVITY 3

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

ORGANIZATION - (Physical Environment / Equipment / Players )

#### KING OF THE JUNGLE:

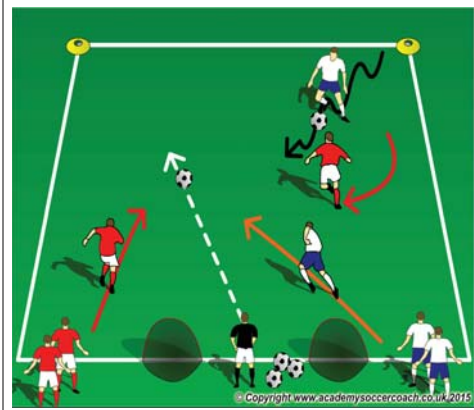
All players are dribbling in a 15Wx20L yard grid and are trying to kick another dribbler's ball outside the grid. Players need to protect their ball while kicking the other balls out. Players must retrieve their ball quickly and get back in the game.

Coach: Have your players perform a skill task before re-entering the grid. i.e.:

- 5 ball taps or 3 kick and catch (juggling)

#### ACTIVITY VARIATIONS

- Round 1 and 2: The players kick each other's ball out
- Round 3: Two coaches become lions and kick the players' ball out. Once a player's soccer ball is out he/she becomes a lion
- Round 4: Select 3 players to be the lions



### ACTIVITY 4

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

ORGANIZATION - (Physical Environment / Equipment / Players )

#### TIGERS VS. LIONS:

In a 15Wx20L yard grid the coach makes two teams of 3-5 players each. One group are the Tigers the other are the Lions. The players are lined up next to the coach. When the coach serves the ball, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.

#### 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: 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.

25min