

10 Mins.	<p>Station 3: Blob (Tag & Agility Game)</p> <ul style="list-style-type: none"> - 2 players without the soccer ball (these players are the blob) - All other players try to stay away from the blob - If a player is tagged by the blob, they become part of the blob by holding hands with a player in the blob. - - Progress To: (1) Non blob players have to dribble a soccer ball while keeping away from the blob. (2) make the field space smaller. 	<ul style="list-style-type: none"> • Eyes up to see what’s around you • Change of speed • Teamwork through communication <p>Coaches:</p>	Full field
10 Mins.	<p>Station 4: 3v3 w/pugg goals (Directional Game)</p> <ul style="list-style-type: none"> - Teams play 3v3. - If the ball goes out a coach or volunteer plays a new ball in. <p>*** Coaches Tips</p> <ul style="list-style-type: none"> - Play the ball into the player who touches it least OR into a space on the field without any players. - Get 4 volunteers to collect soccer balls as the go out of bounds to pass to the Coach. - Coach always plays the ball in to avoid confusion. 	<ul style="list-style-type: none"> • Learning which direction to go to score goals and which goal to protect. • After a goal is scored. The ball • No Throw ins or Goal Kicks <p>Coaches:</p>	Full Field w/Pugg Goals
	<p>IF ALL ELSE FAILS, Play OUCH!</p> <p>Pass the ball into the coach’s legs while walking. Coach yells “OUCH!” when he/she gets hit.</p>	<ul style="list-style-type: none"> • Distance from Target (too close or too far) • Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot. 	Circle or Grid
5 Mins.	<p>Cool Down:</p> <ul style="list-style-type: none"> - Players end by picking up as many cones as possible. “Who can get the most cones?” Players sort them by size and color. - All hands in and everyone says “1,2,3, I Love Soccer!” 	<p>Coaches: All</p>	

“1,2,3 I Love Soccer”