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| 8 Mins. | Station 3: 1v1 Races w/o & with the ball <ul style="list-style-type: none"> - Players split into 2 lines and race from starting point to coach. - First player to “high five” the coach wins - Now players start off with feet square to shoulders (PLAYERS FIRST STEP MUST BE FORWARD NOT BACKWARDS) - Players start Kris Cross Apple Sauce style and CANNOT use hands or arms to get up. - Players start sitting down legs straight “ “ “ - Players start super man style on stomach “ “ “ - ADD BALL IF TIME ALLOWS AND REPEAT | <ul style="list-style-type: none"> • FIRST STEP FORWARD <p>Coaches:</p> | \wedge \wedge XXX Coach OOO \wedge \wedge |
| 8 Mins. | Station 4: Shoot & Defend <ul style="list-style-type: none"> - Players split into two groups single file facing the goals all with soccer balls. - Games starts with one player from one team defending and the other team with a ball attempting to score. - Once the player shoots or the ball gets played out, the offensive player then becomes the defender and the first player in the previously defensive players’ line attempts to score. - Then repeat making the patter of Shoot and then defend. | <ul style="list-style-type: none"> • Keep the ball close • Eyes up to find goal • Use deception to trick defender • After offensive players losses the ball then need to turn and defend! • | \wedge \wedge Goal OOO XXX Goal \wedge \wedge |
| 8 Mins. 8 Mins. | Station 5 & 6: End Game (4v4) <ul style="list-style-type: none"> - Teams play 4v4. - Normal Rules apply - This is the time to work on spacing, what the positions mean and learn the rules of the game. | <ul style="list-style-type: none"> • Keep the ball close • Eyes up • Dribble away from the crowd to get to the goal. • Look for a friend to pass to away from pressure | Full Field |
| | <p><i>If the activity is not working, CHANGE IT!</i></p> <p>Play OUCH!</p> <ul style="list-style-type: none"> - Pass the ball into the coach’s legs while walking. Coach yells “OUCH!” when he/she got hit. <p>Play Head Catch</p> <ul style="list-style-type: none"> - All players stand arm’s length apart with in a semi-circle around the coach. - Coach uses a soft or flat soccer ball and tells the player to either “head” or “catch” the ball. - Then coach tosses the ball to the player who must complete that task. <p>***** Coaches tip: have players do the opposite for a more challenging game and have a 3 strikes and you’re out rule if the player follows the wrong instruction.</p> | <ul style="list-style-type: none"> • Keep the Soccer ball close. • Eyes up • Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot • _____ • Eyes open to see the ball • Strong neck to head it back • Make sure to move towards the ball, don’t let it just hit you in the head • Ball should hit the forehead NO WHERE ELSE! | Circle or Grid |

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| <i>5 Mins.</i> | Cool Down: <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.- Split into 2 large groups and have all players put their hands in the middle and yell "1,2,3, I Love Soccer!" | Coaches: All | |
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1,2,3 "I LOVE SOCCER!"