



<p>8 Mins.</p>	<p><b>Station 3 : Eggs in the Nest (Technical Activity)</b></p> <ul style="list-style-type: none"> <li>- Soccer balls “eggs” are all in the center of the grid “nest”. Players are spaced out evenly around the center “nest” with their own “nest”.</li> <li>- On coach’s command, players race to the center “nest” and steal as many “eggs” as possible by bring them back to their personal “nest”.</li> <li>- <b>Progress to:</b> (1) Players must only use their feet (2) only 1 egg at a time (3) Use only the top of the foot “Laces” (4) Use only the bottom of the foot “Sole” to bring ball back (5) Use only R or L foot</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up to see around you</li> <li>• Look for the open gate</li> </ul> <p>Coaches:</p>	<pre> ^ ^           ^ ^ ^ ^           ^ ^        ^   ^ Center Nest       ^   ^  ^ ^           ^ ^ ^ ^           ^ ^ </pre>
<p>8 Mins.</p>	<p><b>Station 4 (Competition Game): 1v1</b></p> <ul style="list-style-type: none"> <li>- Players split into two groups single file on either side of the coach.</li> <li>- All players with a ball.</li> <li>- On coach’s command players race out to cones, then back to score on one of the 2 goals (their choice).</li> </ul> <p><b>Progress to:</b></p> <ul style="list-style-type: none"> <li>- Players must run with the ball around the cone; players race around the cone w/o the ball and yell “BALL”, the coach plays the ball out to the first player who yells “BALL” (not the first player there).</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up (so they don’t run into anyone)</li> <li>• Push the ball with your foot (don’t just kick it away)</li> <li>•</li> </ul>	<pre>       ^           ^ XXX   Goal       1/2 Field   Goal OOO   ^           ^ </pre>
<p>8 Mins. 8 Mins.</p>	<p><b>Station 5 &amp; 6: End Game (4v4)</b></p> <ul style="list-style-type: none"> <li>- Teams play 3v3.</li> <li>- Normal Rules apply</li> <li>- This is the time to work on spacing, what the positions mean and learn the rules of the game.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Eyes up</li> <li>• Dribble away from the crowd to get to the goal.</li> <li>• Look for a friend to pass to away from pressure</li> </ul>	<p>Full Field</p>
	<p><b><i>If the activity is not working, CHANGE IT!</i></b></p> <p><b>Play OUCH!</b></p> <ul style="list-style-type: none"> <li>- Pass the ball into the coach’s legs while walking. Coach yells “OUCH!” when he/she got hit.</li> </ul> <p><b>Play Head Catch</b></p> <ul style="list-style-type: none"> <li>- All players stand arm’s length apart with in a semi-circle around the coach.</li> <li>- Coach uses a soft or flat soccer ball and tells the player to either “head” or “catch” the ball.</li> <li>- Then coach tosses the ball to the player who must complete that task.</li> </ul> <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"> <li>• Keep the Soccer ball close.</li> <li>• Eyes up</li> <li>• Passing Technique (pass using the inside of the foot, non-passing foot pointed towards target, follow through and land on passing foot</li> <li>• _____</li> <li>• Eyes open to see the ball</li> <li>• Strong neck to head it back</li> <li>• Make sure to move towards the ball, don’t let it just hit you in the head</li> <li>• Ball should hit the forehead NO WHERE ELSE!</li> </ul>	<p>Circle or Grid</p>

<i>5 Mins.</i>	<b>Cool Down:</b> <ul style="list-style-type: none"><li>- Players end by picking up as many cones as possible. "Who can get the most cones?" Players sort them by size and color.</li><li>- Split into 2 large groups and have all players put their hands in the middle and yell "1,2,3, I Love Soccer!"</li></ul>	<b>Coaches:</b> All	
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## **1,2,3 "I LOVE SOCCER!"**