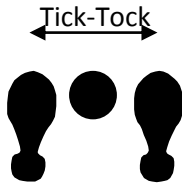


**Set-Up: 20x20 grid / Divide grid in half**

**Warm Up (10-15 Mins)**



**BALL GYMNASTICS**

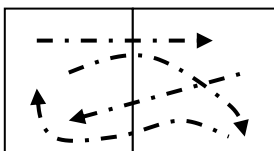
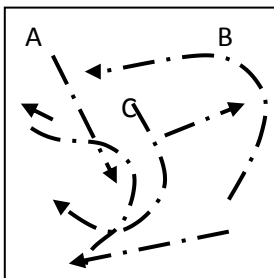
1. Stationary - Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

2. Tick-Tock - Pass the ball from inside of left to inside of right ( See Diagram)

3. Hat Dance - Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

4. Movement - Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

**Technique (10-15 Mins)**



**SQUARE ACTIVITIES (See diagram)**

1. Commands - Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc.

2. Other Commands - Body Parts - Touch ball with that Body Part (knee, elbow, sole, etc).

3. Find Spaces - As kids move their ball inside square they try to find as much space as possible. On Coaches command player with most space is winner.

4. 2 Squares A - Add a 2nd square and have players on command move ball into new square.

5. 2 Squares B - Split kids into 2 groups, 1 in each square, on command they leave their ball and switch squares to find a new one.

6. 2 Squares C - Same as above but take the ball with them, avoiding bumping in the middle. (See Diagram)

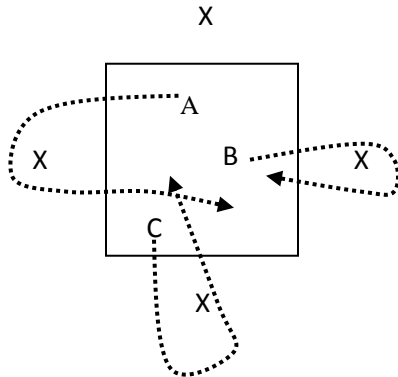
7. Lose your Shadow - In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of Leader. Partners switch between Leader and Shadow.

**BREAK (5 Mins)**

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**Set-Up: See diagrams below**

**Reinforcement Games 1 (10-15 Mins)**

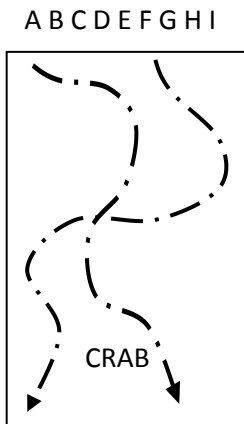


**BREAK (5 Mins)**

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**Set-Up: See diagrams below**

**Reinforcement Games 2 (10-15 Mins)**



**BREAK (5 Mins)**

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**Set-Up: Field, goals**

**GAME (10-15 Mins)**

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**SQUARE GAMES**

1. Pac Dudes – All kids in square, each with ball dribbling freely. One player outside of grid without ball (Ghost). On command, Ghost goes into grid to kick away all balls. Winner is last one with ball. Emphasize shielding and turning. Change ghosts.

2. Musical Soccer Balls (See diagram)- Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and when they come back into square they put their foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides.

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**TEENAGE MUTANT NINJA CRABS (TMNC)**

Players start at end of the Island with their Soccer balls. Coach starts as crab sitting with legs forward, and can only move in this position. On command the players have to dribble ball past Crab to the other end (Beach) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner. Emphasize close control and movement from side to side to get past the crabs. (See Diagram)

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**PRACTICE GAME**

Play 3v3 or 4v4 to goals. DO NOT USE GOALKEEPERS. Assign each player a shadow from the other team. Players can only "guard" their shadow. Emphasize above dribbling techniques.