

ACTIVITY 1

Duration:	8 min	Intensity:	Low	Intervals:	4	Activity Time:	1.5 min	Recovery Time:	30 sec
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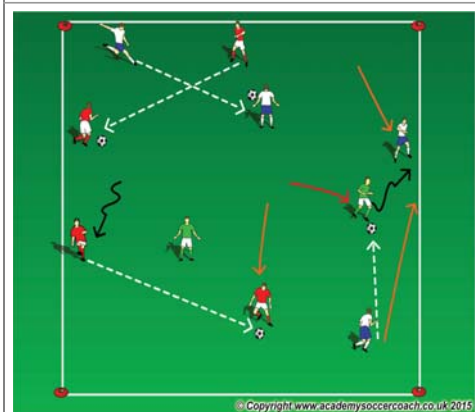
ORGANIZATION - (Physical Environment / Equipment / Players)

PAINT THE FIELD- Passing:

In pairs, players will pass the soccer ball back and forth in a 20Wx30L yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint a line in their favorite color. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.

ACTIVITY VARIATIONS

- Round 1: Pairs will try to paint as much of the field as possible
- Round 2: Players should pass the ball with their weaker foot
- Round 3: Have partners try to make different shapes with their passes
- Round 4: Have partners try to make passes in between two other players



ACTIVITY 2

Duration:	8 min	Intensity:	Med	Intervals:	4	Activity Time:	1 min	Recovery Time:	1 min
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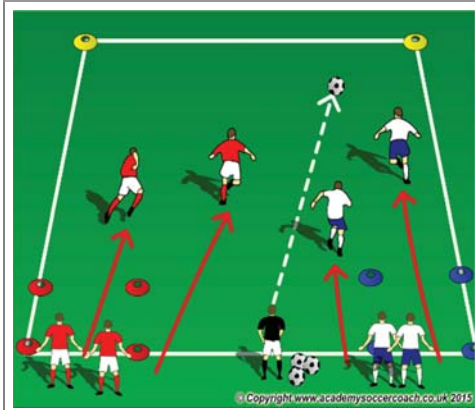
ORGANIZATION - (Physical Environment / Equipment / Players)

PAINT THE FIELD PASSING with BANDITS:

In a 20Wx30L yard grid, the pairs will pass the soccer ball back and forth. Again their soccer ball is a paint brush. Select one pair to be the "bandits". If a bandit intercepts and effectively "steals" a ball from a painting pair those players have to work together to get the ball back from the bandit and resume painting the grid.

ACTIVITY VARIATIONS

- Round 1: Have the coach(es) be the bandits first
- Rounds 2-3: Have players count their passes and beat their number each round
- Round 4: Pass with different surfaces of the foot



ACTIVITY 3

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	30 sec	Recovery Time:	30 sec
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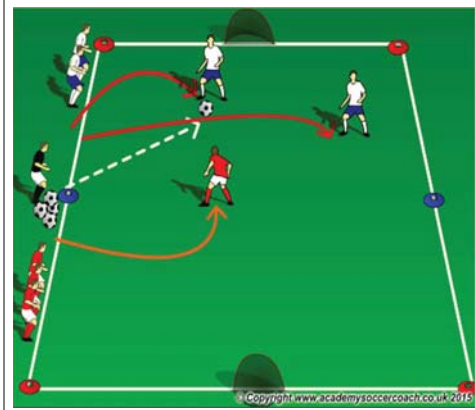
ORGANIZATION - (Physical Environment / Equipment / Players)

2v2 CASTLE COMBAT:

Coach starts in the middle of the field with all the soccer balls and a box on either side of him which is a goal or castle. The coach makes two teams of 3-5 players each. The players are lined up next to the coach and they each have a box/goal to score in. When the coach serves a ball onto the field, 2 players from each team will go after the soccer ball, retrieve it and dribble or pass it into their team's box/goal for a point.

ACTIVITY VARIATIONS

- Rounds 1-4: Players must connect one pass with their partner before going to the goal/castle
- Rounds 5-8: Try to pass it to your partner when he/she is in the castle, bonus points



ACTIVITY 4

Duration:	8 min	Intensity:	High	Intervals:	8	Activity Time:	30 sec	Recovery Time:	30 sec
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ORGANIZATION - (Physical Environment / Equipment / Players)

UP and DOWN NUMBERS "Get Outta There" :

In a 15Wx20L yard grid. The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out "Get outta there". Players clear the field and the coach serves a new ball for the next group.

ACTIVITY VARIATIONS

- Rounds 1 & 2: Play 2v1
- Rounds 3 & 4: Play 2v2
- Rounds 5 & 6: Play 3v2
- Rounds 7 & 8: Play 3v3

U8: 4v4 - Dual Field Scrimmage

Set up two fields 25W x 35L yards with a 5 yard space between them in order to keep as many players playing as possible. Allow plenty of breaks for water and rest!

30 min