

ACTIVITY 1

Duration:	6 Min.	Intensity:	Med	Intervals:	4	Activity Time:	1 Min	Recovery Time:	30 Sec
-----------	--------	------------	-----	------------	---	----------------	-------	----------------	--------

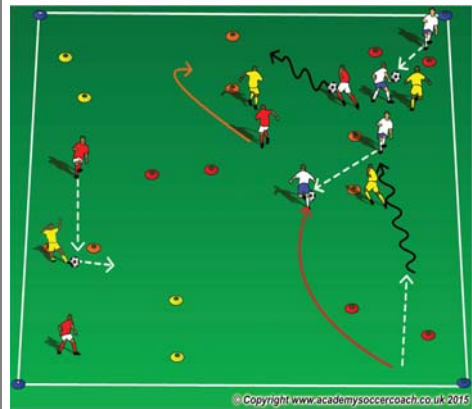
ORGANIZATION - (Physical Environment / Equipment / Players)

PASSING GATES:

In a 15Wx25L grid set up several 2 yard wide gates randomly spread around the grid. Divide all the players into groups of 2, each group has a soccer ball. On the coaches command, the groups will see how many different gates they can pass their soccer ball through in 1 minute. Groups will try to beat their previous score each round.

ACTIVITY VARIATIONS

- Round 1: Groups get through the gates any way they can.
- Round 2: Groups can only use the inside of their foot to pass through the gates.
- Round 3: Groups can only use the outside of their foot to pass through the gates.
- Round 4: Coach's choice for how the players can get the ball through the gates.



ACTIVITY 2

Duration:	6 Min.	Intensity:	Med	Intervals:	4	Activity Time:	1 Min	Recovery Time:	30 Sec
-----------	--------	------------	-----	------------	---	----------------	-------	----------------	--------

ORGANIZATION - (Physical Environment / Equipment / Players)

PASSING GATES WITH INTERCEPTORS:

In a 15Wx25L grid set up several 2 yard wide gates randomly spread around the grid (same set up as passing gates.) Coach divides the players into groups of 3, with 1 soccer ball to share with the group. 2 players from each group try to score by passing the ball through as many gates as possible in 1 minute. The 3rd player in each group will try to stop them by only intercepting passes. All groups play at the same time but only play within their group of 3. If the defender intercepts 3 passes in less than 1 minute, they win the game. After 1 minute, rotate the defender/interceptor.

ACTIVITY VARIATIONS

- Round 1: Defender will work only with their group, if they intercept the ball, they must pass it back and count to 5 seconds before trying to win the ball back again.
- Round 2: Defender/interceptor can intercept other groups instead of just their own.
- Round 3: Rotate the defender/interceptor after every ball/pass that is intercepted.
- Round 4: Defender/interceptor can try to keep the ball by dribbling after intercepting it and the 2 players that were intercepted must win the ball back.



ACTIVITY 3

Duration:	8 Min.	Intensity:	Low	Intervals:	15+	Activity Time:	15 Sec.	Recovery Time:	Reload
-----------	--------	------------	-----	------------	-----	----------------	---------	----------------	--------

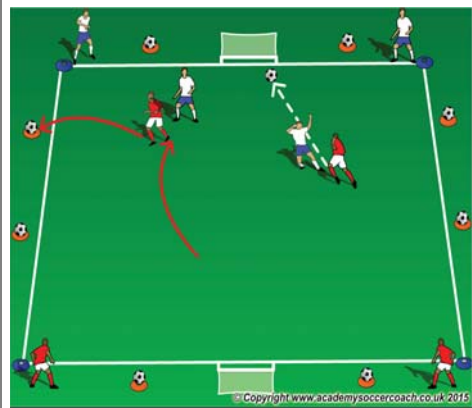
ORGANIZATION - (Physical Environment / Equipment / Players)

2v2 PASS-SHOOT CHALLENGE:

In a 15Wx25L grid, and a goal at each end; coach starts on the sideline in the middle with all the soccer balls and a team on his right and on his left. The coach will play 2 soccer balls onto the field at the same time. He will also call out a number. 2 players from each team will get a ball, complete the number of passes called out by the coach and score in the goal furthest away from where they entered the field. The team who completes the passes and scores first, gets a point for their team. Once a team scores, all players leave the field and the coach will put 2 more balls into play and call out a new number for the next players to complete.

ACTIVITY VARIATIONS

- Round 1: Players can try to defend their opponents but still must complete their passes and score.
- Round 2: Players can score in either goal after completing their passes.



ACTIVITY 4

Duration:	12 Min.	Intensity:	High	Intervals:	6	Activity Time:	1 Min.	Recovery Time:	1 Min.
-----------	---------	------------	------	------------	---	----------------	--------	----------------	--------

ORGANIZATION - (Physical Environment / Equipment / Players)

2v2 TO GOAL (Player Reload)

In a 15Wx25L grid, and a goal at each end and at least 6 soccer balls placed on top of cones around the grid, play a 2v2 game to goal with 2 teams on deck. If a goal is scored, the team who scored can get any ball off of a cone and continue to play; the goal scorer cannot get the next ball. If a ball travels off of the field and doesn't score, the team who didn't touch it last gets the next ball. Game lasts for either 1 minute or all the balls are off the cones. Coach and players have 30 seconds to reset the balls on the cones and the teams on deck now play.

ACTIVITY VARIATIONS

- Any player can get the next ball from a cone once a ball leaves the field.
- Player who scores is the only player who can get the next ball from a cone.
- Teams can rotate after each ball has left the field and the game is over for all once all the balls have been used.

J8: 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!

25 Min.