



### Activity 1 Eagles Nest

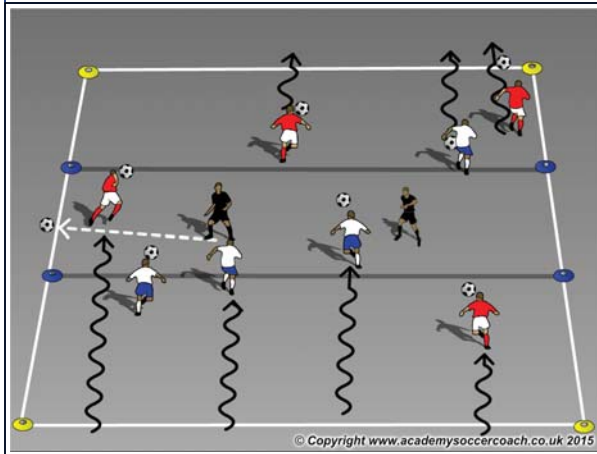
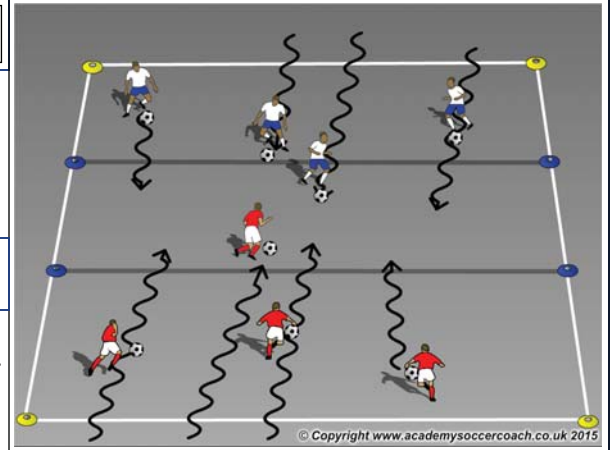
Duration 8 Min

In a 15Wx20L yard grid and a 5 yard zone in the middle (Nest), divide the players into 2 teams and everyone has a soccer ball. Each team starts at opposite ends of the field. On the coach's command, the teams have to race into the center area and stop their ball. First team to have all soccer balls (Eggs) stopped in the Nest, wins. Now, have them race back to their starting end for addition victories.

#### Variations

Activity Time 1.5 Min Rest 30 Sec Intervals 4

- Round 1: Have the players get to the middle and stop as quickly as possible.
- Round 2: Have the players dribble with the laces and stop with the sole of the foot.
- Round 3: Have the players try to get to the middle with their non-dominant foot.
- Round 4: Have the players get to middle using the inside and outside of each foot.



### Activity 2 Boston Bulldogs

Duration 8 Min.

In a 15Wx20L yard grid and a 5 yard zone in the middle (the dog pound), have all 2 players start in the dog pound (no ball and must stay in the pound), All other players have a soccer ball and start on one end line. On the coach's command, all players with a ball must sneak through the dog pound without waking the bulldogs. If you wake the dogs and they steal your ball, you are a bulldog.

#### Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Coaches start as the Boston Bulldogs.
- Round 2: Coach can choose players to start as Bulldogs. Players switch roles if ball is lost.
- Round 3 & 4: The number of Bulldogs accumulates. Bulldogs must dribble the ball out of the pound when the ball has been won.

### Activity 3 Coyote & Roadrunner

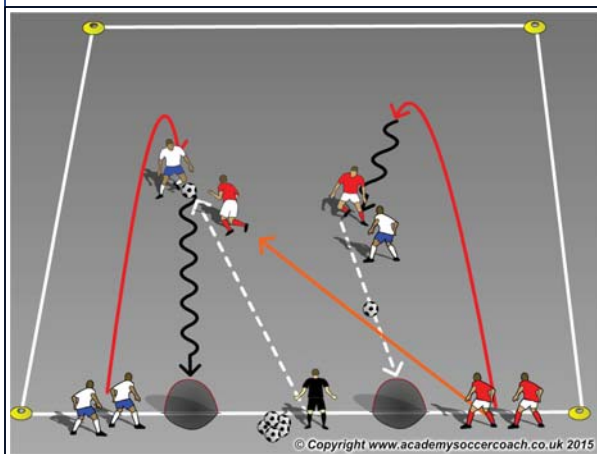
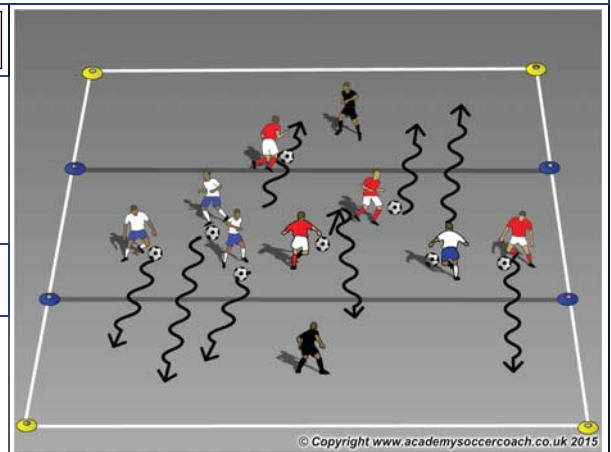
Duration 8 mins

In a 15Wx20L yard grid and a 5 yard zone in the middle (Roadrunner's hideout), 1 player in each end (Coyote), the rest of the players in the cave dribbling a soccer ball (Roadrunners), When the coach calls out "Dinner Time," the Roadrunners must dribble out to either end line. If the Coyote tags them, they become Coyotes too.

#### Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: Coaches start as the Coyote.
- Round 2: Players start as Coyotes but switch roles when the ball is lost.
- Round 3: Coyotes accumulate as they tag Roadrunners or win their ball.
- Round 4: Roadrunners have to get out to the end line and back to their cave.



### Activity 4 Tigers vs Lions

Duration 8 mins

In a 15Wx20L yard grid and 2 goals on the same end line, the coach will divide the players into 2 teams; 1 group are the Tigers and the other are the Lions. The coach sets up between the 2 goals with all the soccer balls. The Tigers start on the coaches left and Lions on the right. When the coach serves a ball onto the field, 1 player from each team chase the ball and score it in their team's goal.

#### Variations

Activity Time 90 Sec. Rest 30 Sec. Intervals 4

- Round 1: 1 Player from each team enters the field.
- Round 2: Multiple 1v1 games played at the same time.
- Round 3 & 4: Coach can adjust the number of players on the field to: 1v1, 2v1, 2v2, 3v2 or 3v3; no bigger than 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.