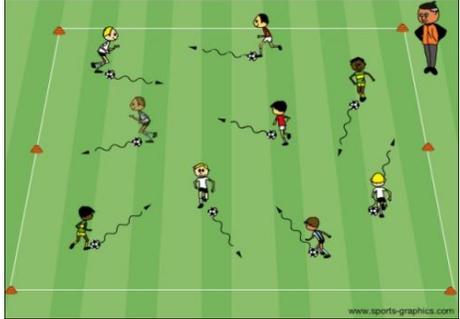
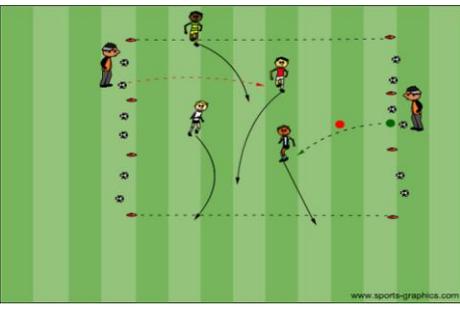
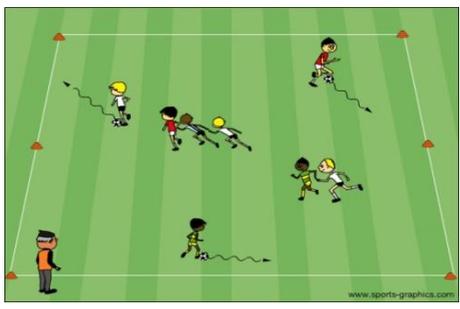
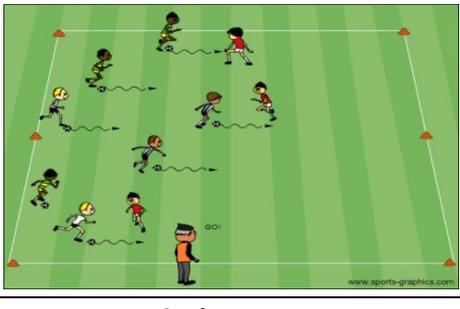


(U6) --- Week 8

Activity 1	Activity Description	Time
	<p>Free Dribble: All players are dribbling a soccer ball in a 15x20 yard grid using their inside, outside, and the sole of their foot.</p> <p>Coach: Have players change direction and accelerate away. Have players demonstrate a move and accelerate away.</p> <p>Version 2: Coach can put pressure on players dribbling. Version 3: Players can dribble at each other and perform a move and accelerate away.</p>	<p>6 minutes</p>
Activity 2	Activity Description	Time
	<p>Busy Street: In a 10x25 yard line up the balls on the outside of the area. Players start behind the line on one end and try to run to the other end without getting hit with a ball. Coaches try to pass the ball at the players feet. If a player gets hit they join the coaches as the passers.</p> <p>Coach: Reset the balls after the players run from one end to the other. Have the players that got hit, join you and set up the balls. Last player standing wins</p>	<p>6 minutes</p>
Activity 3	Activity Description	Time
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: May encourage the snake players to hiss.</p>	<p>6 minutes</p>
Activity 4	Activity Description	Time
	<p>Sharks and Minnows: In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.</p>	<p>6 minutes</p>
Scrimmage	Activity Description	Time
<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 15 x 20 yards with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>