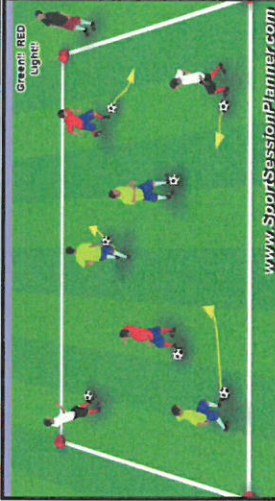
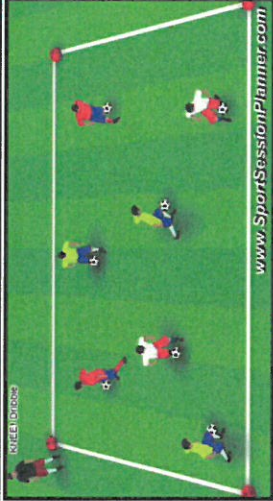
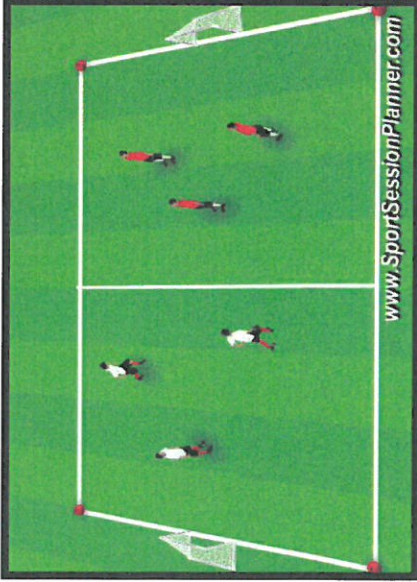




2013 - U6 - Fall Lesson Plan - Week 1



Let's learn the Rules - Let's play

Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Red Light/Green Light: All players are dribbling freely in a 15Wx20L yard grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.</p> <p>Coach: Control the frequency of light changes.</p> <p>Variation 2: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.</p>		<ul style="list-style-type: none"> How far should the ball be from the dribbler? When and how to change directions? What surface should the dribbler use? When and how to stop the ball?
Activity 2	<p>Body Part Dribble: (Movement Education and Coordination): All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.</p> <p>Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.</p>		<ul style="list-style-type: none"> How far should the ball be from the dribbler? When and how to change directions? What surface should the dribbler use? When and how to stop the ball?
Let's Play the Game			
			
Recommended Rules			
Dimensions in Yards:	Long: 30 max-20 min Wide: 25 max-15 min		
Ball	Size 3		
Number of Players	3 Players per team on the field - No Goalkeepers needed		
Referee	No Referee needed		
Duration	No more than 30 minutes max – Can play in quarters		
Fouls and Misconduct	No cards (Yellow or Red) If a child misbehave you must sub him/her out of the game		
Free Kicks	All free kicks shall be direct		
Out of bounds - Side Line	1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop) 2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field		
Out of Bounds – End Line	1. When the ball goes out of bound, Please say YELLOW LIGHT (opposite team will regroup by the mid line) 2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate		
Corners (optional)	When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball		



2013 - U6 - Fall Lesson Plan - Week 2



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Freeze Tag: The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened). To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs. The Coach starts as the freeze monster then he can select one or two players to be the monster.</p>		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions • How to stop the soccer ball? • When and how to unfreeze a player?
Activity 2	<p>Cross the River: Get the players in pairs and place them on opposite sides of the soccer grid. At coach's command, the players will dribble the soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball. Start with Foundation moves then running with the ball.</p>		<ul style="list-style-type: none"> • How far should the ball be? • How far should the first touch be? • What surface to use when running straight with the ball? • Where should the eyes be looking? • How to stop the ball?
Activity 3	<p>Combat 1: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point. The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p>		<ul style="list-style-type: none"> • How and when to protect the soccer ball? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball? • After getting the ball what should the dribbler do?
Activity 4	<p>Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), 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 yells "Get outta there". Coach: Can make the games 1v1, 2v2,</p>		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • When and how to run with the ball and change directions? • When to dribble when to shoot?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Fall Lesson Plan - Week 3



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Boston Traffic:</p> <ul style="list-style-type: none"> • Players dribble their soccer balls trying not to crash with any other player. Every time a player is in front of the players should “BEEP” him/her out of the way. • Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic <p>Add tall cones</p> <ul style="list-style-type: none"> • The players try to dribble as close to any tall cone as they can without knocking it over. If they knock it over, they must stand it back up before they can continue 		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball?
Activity 2	<p>Snake:</p> <p>All players are dribbling a soccer ball in a 15Wx20L 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: Encourage the snake players to hiss.</p>		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball? • When and how to unfreeze a player?
Activity 3	<p>Dribble Tag:</p> <ul style="list-style-type: none"> • All players dribbling a soccer ball will try to tag each other with their hands. • Players cannot abandon their own ball to tag. <p>Coach:</p> <ul style="list-style-type: none"> • Have players keep count of their own tags. • Play more than one game, have players improve their tags by at least 1 more than before. 		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball?
Activity 4	<p>Bandits 1:</p> <p>Select 1 or 2 players to be the Bandits. Their mission is to get any dribblers' ball, once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p>Variation: When the bandit gets a ball, he/she must dribble it outside the grid. The player that lost the ball can regain it back, but after the ball goes outside the player becomes another bandit.</p>		<ul style="list-style-type: none"> • When and how to protect the soccer ball? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball? • After getting the ball what should the dribbler do?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Fall Lesson Plan - Week 4



Stage	Activity Description	Diagram	Guided Questions
<p>Activity 1</p>	<p>3 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is:</p> <ul style="list-style-type: none"> • Outside of the foot touch - Inside of the foot touch - Laces (push) 		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces are needed to complete the task? • Where are your eyes looking? • What should the player say while performing the task? “Outside – Inside- Laces”
<p>Activity 2</p>	<p>Triangles, Squares & Diamonds: In a 20Wx25L yard grid, make 3 shapes with cones a triangle, a square and a diamond. On Coaches command the players dribble their ball to the shape called out by the coach. Add different directions; “ Around the triangle through the square and into the diamond</p>		<ul style="list-style-type: none"> • How do you keep ball close to your feet? • How do you change directions with the ball? • How do you run with the ball? • How do you control or stop the ball?
<p>Activity 3</p>	<p>Cannon Ball Run: In a 20Wx 30L yard grid(the ship) place all the PIRATES on one end line. The Pirates need a new Captain and for this they need to cross the ship without getting hit by a cannon ball. The game starts with the coach calling “Cannon Ball Run” and all the pirates run to the other end of the ship. Any pirate that gets hit becomes the Cannon Baller and joins the coach</p>		<ul style="list-style-type: none"> • How do we pass the ball accurately? • Should we pass hard or soft? • What surface of the foot should we use to strike the ball? • Where do we strike the ball? • What kind of movement should we have in the middle?
<p>Activity 4</p>	<p>Boston Bulldogs In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach’s command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.</p>		<ul style="list-style-type: none"> • What surface of the foot should you use to dribble? • When do you want to run with the ball? • Why would you want to keep the ball close? • What move can you do to beat a defender? • How can you stop the dribblers?
<p>Match</p>	<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>



2013 - U6 - Fall Lesson Plan - Week 5



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Numbered Corner: In a 15W x30L yard grid, divided in 4 rectangles, number each of the outside corners. All players in one area dribbling, when the coach calls out a number all players must dribble to that area.</p> <p>Variations: Players should dribble</p> <ul style="list-style-type: none"> • One foot only • Only inside of the foot' • Outside/inside of the foot 		<ul style="list-style-type: none"> • How can you keep the ball close to your feet? • How can you change directions with the ball? • How can you run fast with the ball? Slow with the ball? • How do you control or stop the ball with your feet?
Activity 2	<p>Steal the Treasure: In a 20Wx30L yard grid divided into two halves with an equal amount of cones per half. Coach places one team in each half. On the coach's command the players will dribble to the opponent's half and touch a cone with the ball, pick it up and take it to their half. The team with the most cones in 3 minutes wins the round</p> <p>Variation: The players can defend their treasure by tagging the opponent with a cone before he/she crosses the half</p>		<ul style="list-style-type: none"> • How do you keep the ball close to your feet? • How do you change directions with the ball? • Do you run with the ball fast? • How do you control or stop the ball with your feet? • How do you know where to go?
Activity 3	<p>Get their Cones: Divide the players in to two teams and assign cone Guards and Raiders per team. Place several cones in a zone guarded by one or two players. The Raiders will dribble to the other team's zone and shoot to knock the cone out of the zone, grab it and dribble it back to their own zone. The Guards can catch the ball, block the shot or kick the ball away. They must pick up any downed cone that still is inside the zone.</p>		<ul style="list-style-type: none"> • What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the guards and strike the cone?
Activity 4	<p>Ball Tag: All players are dribbling a soccer ball in a 15Wx20L yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>		<ul style="list-style-type: none"> • What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the cop and strike the cone?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Fall Lesson Plan - Week 6

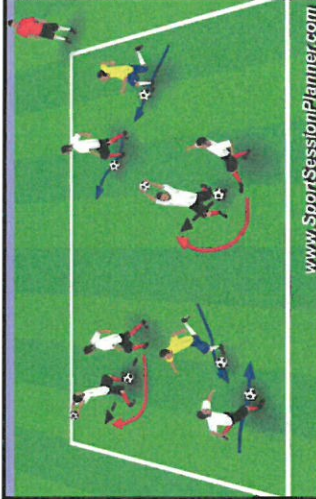
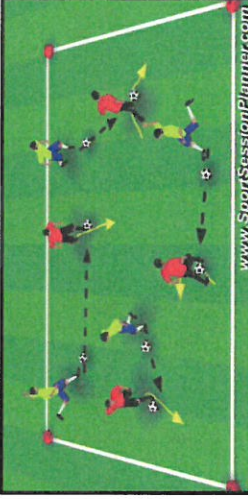

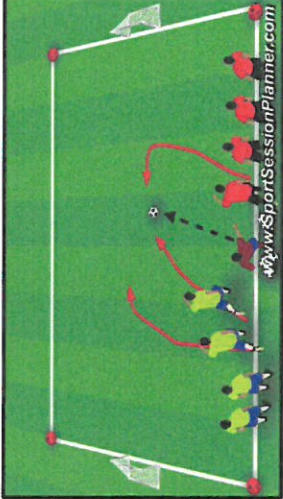


Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Treasure Hunt Divide a 20Wx 30L yard grid into three sections as shown in the diagram. The first section is empty, in the second section place about 6-10 discs, in the 3rd section place about 6-10 high cones and outside the grid place about 6-10 soccer balls. Divide the players into groups of 2 or 3 players. When the coach says go, the first player of every line will go to get an item. Players can get an item from any treasure chest.</p> <ul style="list-style-type: none"> • Disc = 5 pts., High Cone = 10 pts. and Balls = 20 pts. <p>Notice: Coaches you can use any kind of equipment as the treasure: Pennies, water bottles, bags etc.</p>		<ul style="list-style-type: none"> • How do we keep the ball close to us? • Where should we be looking? • If someone goes after your treasure what can you do? • How fast should we try and dribble? • Which treasure is worth the most points?
Activity 2	<p>Cars Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front of the players should “BEEP” him/her out of the way. The coach should control the traffic by saying Green Light, Yellow Light, Red Light.</p> <ul style="list-style-type: none"> • Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 ball taps and get back in traffic 		<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball?
Activity 3	<p>Sharks and Minnows: In a 15Wx20L yard grid have 3-4 players acting as the sharks. The minnows are at one end of the grid with their soccer balls. When the Sharks say “Fishy, Fishy Cross My Ocean” 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 Sharks to command theme to play again. The game continues until all players turn into sharks.</p>		<ul style="list-style-type: none"> • When should you keep the ball close? • Why should you kick the ball further in front of you? • What can you do if you see a shark coming to get your ball?
Activity 4	<p>Moving Goal: All players are dribbling a soccer ball in a 15Wx20L yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.</p> <p>Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.</p>		<ul style="list-style-type: none"> • What surface of the foot to use to dribble and strike the ball? • From how far? • How to dribble and strike the ball?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Fall Lesson Plan - Week 7



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Freeze Tag 2: All players are dribbling a soccer ball in a 15Wx20L yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. Coaches: One coach may be the freeze monster while another is unfreezing players. Version 2: Players can unfreeze each other by tagging them. Version 3: Players can unfreeze each other by kicking the ball through their legs.</p>		<ul style="list-style-type: none"> How far should the ball be from the dribbler? What surfaces to use? When and how to run with the ball and change directions How to stop the soccer ball? When and how to unfreeze a player?
Activity 2	<p>Knock Their Ball Out: All players are dribbling in a 20Wx25L yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game. Coach: Have your players perform a skill task before re-entering the grid. i.e.: <ul style="list-style-type: none"> 5 ball taps or 3-5 juggles </p>		<ul style="list-style-type: none"> What part of the foot can you use to pass the ball? Which surface of the ball to strike? How hard should we strike the ball? How to keep the ball low? How do you protect your soccer ball?
Activity 3	<p>Pinball Wizard: In a 20Wx30L yard grid place all the players in one end. The coach will start as the Wizard. The players need to run from one end to the other end without getting hit by the ball. The pin ball wizard will strike the players legs no higher, if after he hits a players the ball rebounds and hit another, they both become wizards too. If the wizard misses, he/she can get one ballroom from the perimeter to continue.</p>		<ul style="list-style-type: none"> Which parts of the foot can we use to pass the soccer ball? Should we pass hard or soft? How can strike the ball to go where we want it to? How can we get across quickly? How can you dodge the ball?
Activity 4	<p>Up and Down Numbers Get "Outta" There: The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goals 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 on the soccer ball goes out of bounds, the coach calls out "Get outta there". Coach: play 1v2, 2v3, or 4v3. They should vary the service.</p>		<ul style="list-style-type: none"> Who, When, Where, Why What and How to Attack? Who, When, Where, Why, What and How to Defend?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Fall Lesson Plan - Week 8

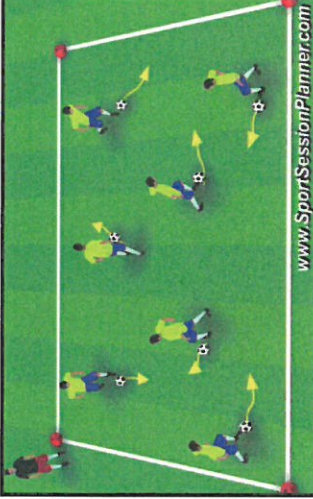
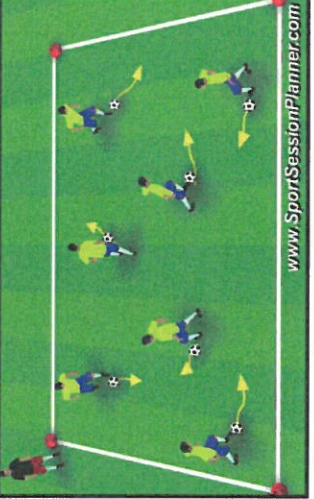
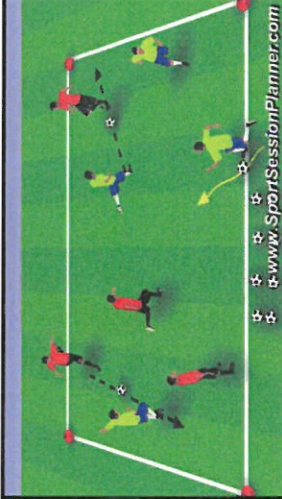



Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Math Dribble: Divide the playing area in two halves. Have the players dribble around in 1 half. Coach shouts a number – “2” or “3”. The players must dribble and gather to form a group equal to the number called. After a while say SWITCH and have the players run with the ball to the other half and continue with the activity.</p>		<ul style="list-style-type: none"> • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball? • How fast can we get into the groups and how to make the groups?
Activity 2	<p>Marble Kings: In a 20Wx30L yard grid, select 3 Marble Kings who have a soccer ball in their hand. The Marble Kings have to run around and with their ball hit the dribblers’ ball. Once the dribbler is tagged, he/she takes the place of the Marble King. Variation: Start with one Marble King. Every time a dribbler gets tagged he becomes a Marble King.</p>		<ul style="list-style-type: none"> • How can we keep the ball close to us? • How can we change direction? • How can we control the ball in a small space without moving?
Activity 3	<p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor. He/she will cure (unfreeze) his/her team’s players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell “Doctor, Doctor”. The Doctor is without a ball, and is safe in the hospital, but when they come out, they can be frozen. When the doctor is frozen the game is over.</p>		<ul style="list-style-type: none"> • How far should you be from the player to strike the Doctor with your ball? • What part of your foot do you want to use to Strike the ball?
Activity 4	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases. Coach: Call time and each team counts the balls they have collected.</p>		<ul style="list-style-type: none"> • How to get the balls from the center or other home bases? • How to defend their home base? • When to dribble, when to pass?
Match	3v3 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.	25 minutes



2013 - U6 - Fall Lesson Plan - Week 9



Stage	Activity Description	Diagram	Guided Questions
<p>Activity 1</p>	<p>4 Surfaces: Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: <ul style="list-style-type: none"> • Outside of the foot touch - Inside of the foot touch • Laces (push) - Stop with bottom of the foot and Change foot <p>Paint the Field Drizzling: All players will dribble their soccer ball in a 15Wx20L yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted. Coach: Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes? Variation 2: Ask the players to dribble only with the left foot, then with the right foot.</p> </p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces are needed to complete the task? • Where are your eyes looking? • What should the player say while performing the task? <p>“Outside – Inside- Laces - Bottom”</p>
<p>Activity 2</p>	<p>Angry Birds: Select two players to be the Angry Birds. They will dribble around and try to tag any player without the ball. Once they tagged a runner, he or she becomes an Angry Bird and will go to get a ball and joint the hunt.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions? • How to stop the soccer ball? • When and how to unfreeze a player?
<p>Activity 3</p>	<p>2v2 Combat: The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the field, two players next to the coach on each team will go after the soccer ball and retrieve it and dribble or pass it into their team’s goal for a point. Variation: Players must connect one pass before going to goal. Increase numbers to 2v2, 3v2 and 3v3’s.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How far should the ball be from the dribbler? • What surfaces to use? • When and how to run with the ball and change directions • What part of the foot to use to strike the ball? • What to do to avoid being hit with the ball?
<p>Activity 4</p>	<p>3v3 - Dual Field Scrimmage</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Who, When, Where, Why What and How to Attack? • Who, When, Where, Why, What and How to Defend?
<p>Match</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>	<p>25 minutes</p>



2013 - U6 - Fall Lesson Plan - Week 10



Stage	Activity Description	Diagram	Guided Questions
<p>Activity 1</p>	<p>Ball Tag: All players are dribbling a soccer ball in a 15Wx20L yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>		<ul style="list-style-type: none"> • What surface of the foot to use to strike the ball? • From how far? • How to dribble and strike the ball? • How to avoid the cop and strike the cone?
<p>Activity 2</p>	<p>4 Corner Dribbling to End Zones: In 15Wx20L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Where will you first touch go? • What surface of the foot should you use to dribble? • When and where should you dribble? • What can the defender do to stop the dribbler? • When should you pass?
<p>Activity 3</p>	<p>4 Corner to 4 Goals: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • When and how to protect the soccer ball? • What surfaces to use dribble past the opponent? • When and how to run with the ball and change directions? • What to do to beat the defender? • What surface to use to strike the ball and when?
<p>Activity 4</p>	<p>4 Corner Shooting Without Goalkeepers: In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field. Players need to get off the field quickly and get back in line.</p>		<ul style="list-style-type: none"> • Who, when, Where, Why, What and How to attack? • Who, when, Where, Why, What and How to defend?
<p>Match</p>	<p>3v3 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>