

Warm Ups for the season

This page is for the warm ups that you can choose from each week.

Toe taps and pendulum (or tik toks)

- These toe taps are using the bottom of the shoe to touch the top of the ball. You shouldn't move during these.
- Pendulum (tik toks) use the inside of the feet and move the ball back and forth between both feet.
- You should do this for about 45 seconds- 1 minute and then switch after asking them how many they did.
- You should alternate between toe taps and pendulums after
- Should do 3-4 sets (1 set is toe taps and Pendulums)

***Encourage kids to count how many they did and to do at least 1 more every time.

Races (Do these on days that you don't have races or do it without the ball than jump into the races with ball)

Activity Objective	To continue to learn how to dribble the ball while playing fun games
# of players/Opponent	Split your team into teams of 2 or 3.
Size/Shape of Field	Each team will have 2 cones. Set them 10 yards apart from each other.
Rules	They will dribble to the cone in front of them and back to their cone where they MUST stop the ball so their teammate that is next can start to dribble. Each player must go twice. Do one practice round and then do one "RACE" where the top team will not have to do "I'm a Star" jumps" (There should not be more than 3 in any group. We want the players moving constantly and not standing for long period of times)
Total Activity Duration	10 Mins
Variations that should be done	1. Use both feet 2. Use only Right foot (show them which foot this is) 3. Use only left foot (show them which foot this is)

Stretching and laps while dribbling the ball

Have them do some stretching, preferably dynamic stretching, then have them dribble around the space you have set up while having them change the foot they dribble with.

Week 1

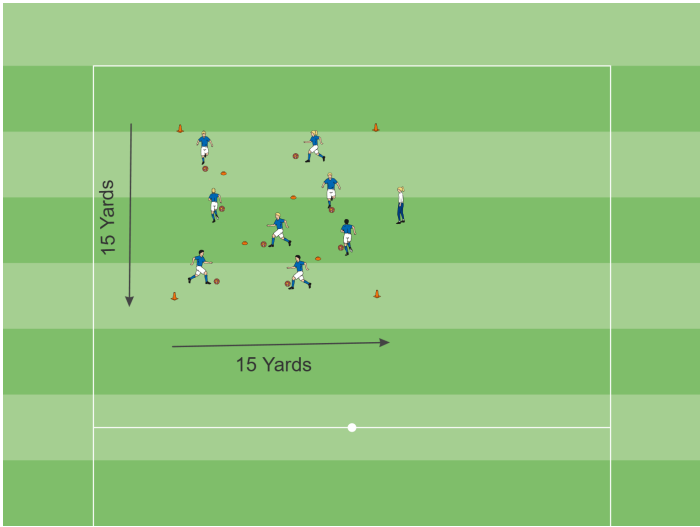
How to Dribble Correctly:

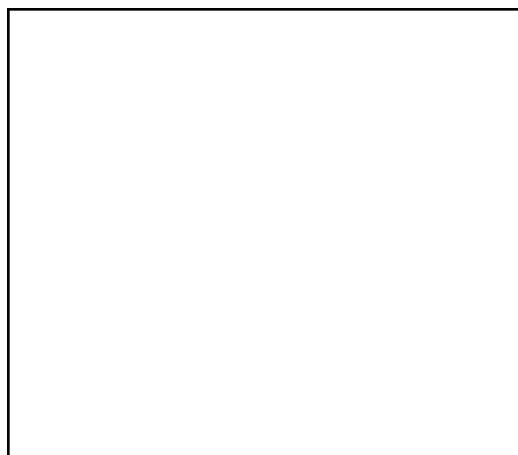
Players should **point their toe down and lift their heel up** when they dribble with their laces.

A great visual teaching trick used by many premier coaches is to reference **ballerinas** or **Michael Jackson**—stand tall on your toes and show the kids the exact foot shape we want. This helps them understand how their feet should look when dribbling with the laces.

Warmup

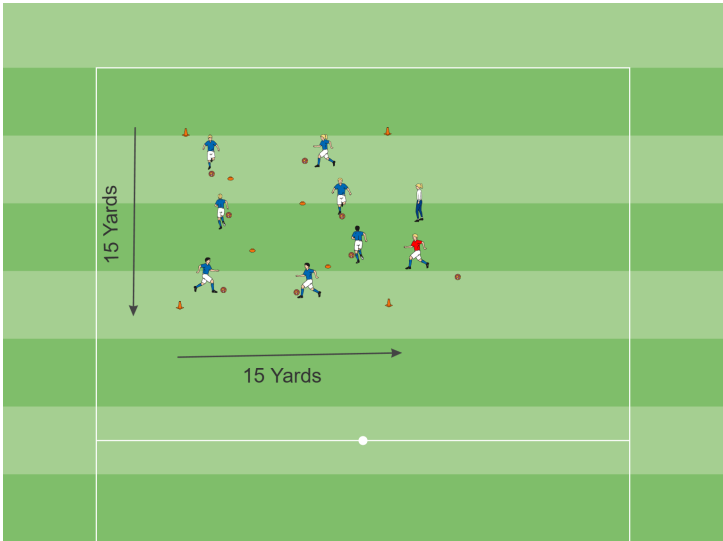
You chose from the warm up tab!

ACTIVITY 1: Finding nemo without shark		
	Activity Objective	To focus on the proper technique of dribbling
	# of players/Opponent	What you have for numbers on this day.
	Size/Shape of Field	15 By 15 yards
	Ways of Scoring	Don't hit a mine and don't dribble out!
	Total Activity Duration	10 mins
	Rules	- When the activity starts, all players begin dribbling inside the square. - For the first 30 seconds, the mines are NOT active. Use this time to really emphasize: - Dribbling with the laces - Taking as many little touches as possible - Keeping the ball close - After about 30 seconds, the coach announces: "MINES ARE ACTIVATED!" From this point on: - If a player dribbles over a cone, Dribbles out of bounds, or



	○ Loses control and steps outside the area... They must stop and do 5 "I'm a Stars." ● "I'm a Star" = players jump up, spread arms and legs diagonally, and yell: "I'm a STAR!" as loud as they can. After completing their 5 stars, they re-enter the game.
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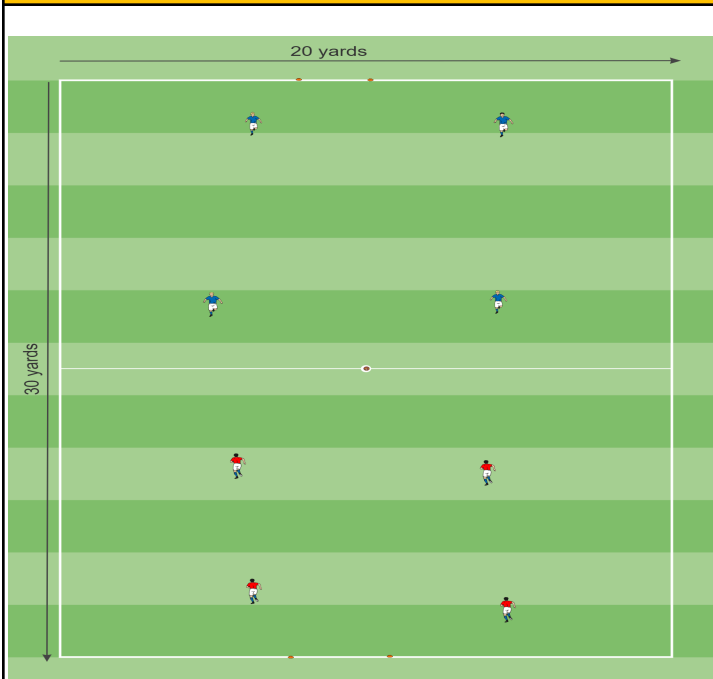
ACTIVITY 2: Finding nemo with shark

	Activity Objective	To dribble properly
	# of players/Opponent	1 Shark to start, can add a second!
	Size/Shape of Field	15 by 15 Yards
	Ways of Scoring	If you dribble over a mine, dribble out of bounds, or the shark kicks your ball out you are out
	Total Activity Duration	15 mins
	Rules	● All players except the shark begin dribbling their balls inside the square. Players should focus on using their laces, keeping the ball close, and scanning for space. ● At any moment, the coach will yell: "SHARK IS RELEASED!" — or any fun, dramatic version you want. This signals the shark to enter the game. ● The shark does NOT have a ball to start. Their job is to run around and kick the Nemos' balls out of the square. ● Make sure the shark is clearly marked: ○ Different-colored bib/pinnie



	○ Holding a cone ○ Wearing a fun “shark” identifier ● Once the shark is released, players must dribble away from danger to stay “alive” in the game and keep their ball in play as long as possible.
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ACTIVITY 3:



Activity Objective	To start to dribble the ball properly in an actual game.
# of players/Opponent	split your team into two teams and play!
Size/Shape of Field	30 by 20 yards
Ways of Scoring	By either shooting or dribbling through the goal!
Total Activity Duration	10-15 Mins
Rules	Normal game rules. If it goes out on the side it will be thrown in. Make sure they keep both feet on the ground and the ball goes all the way behind their head and straight back forward on these. This is a good time to teach them how to do this. After each goal the team must celebrate their goal in some way! This is to ensure that they are knowing this is for fun and to enjoy the moment.

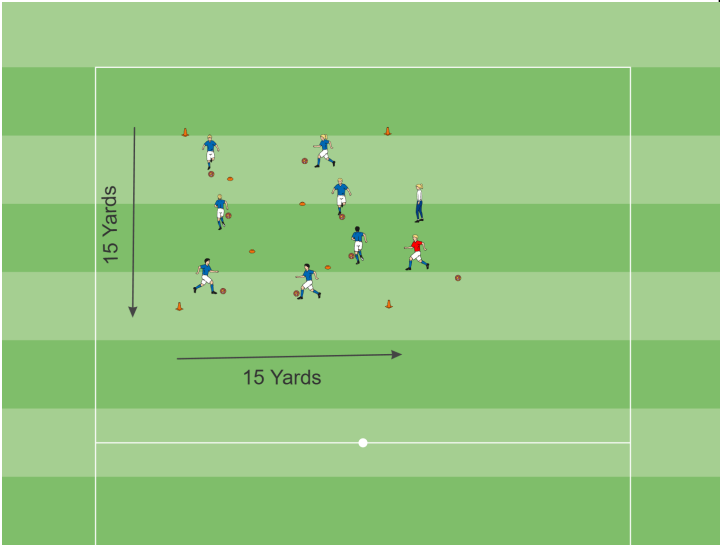
Week 2

Welcome to Week 2!

This week we will be building off last week and adding even more chances to work on dribbling and adding some different games!

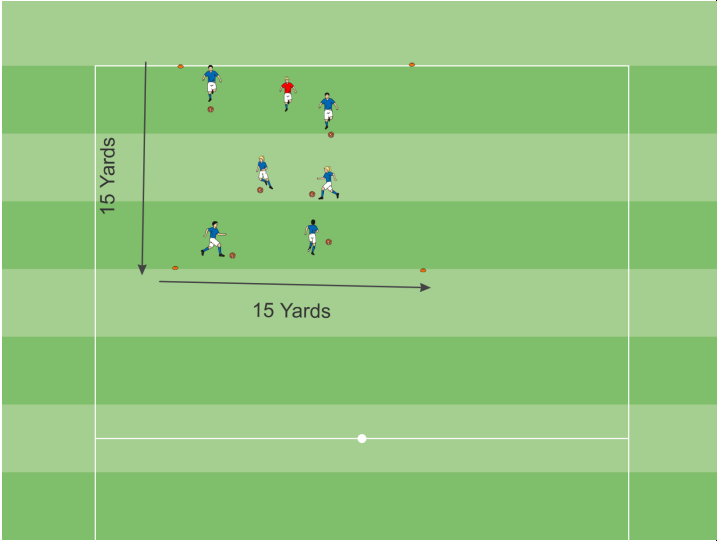
Warmup

You chose from the warm up tab!

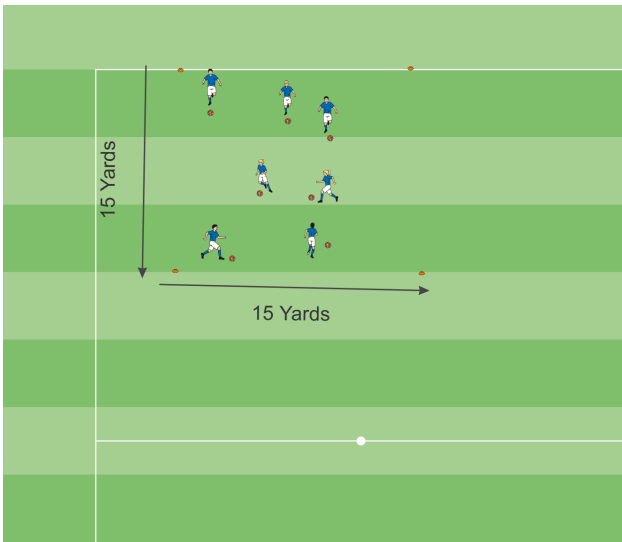
ACTIVITY 1: Finding Nemo with Shark		
	Activity Objective	To dribble properly
	# of players/Opponent	1 Shark to start, can add a second!
	Size/Shape of Field	15 by 15 Yards
	What happens if you;	If you dribble over a mine, dribble out of bounds, or the shark kicks your ball out you are out
	Total Activity Duration	10 mins
	Rules	• All players except the shark begin dribbling their balls inside the square. Players should focus on using their laces, keeping the ball close, and scanning for space. • At any moment, the coach will yell: “SHARK IS RELEASED!” — or any fun, dramatic version you want. This signals the shark to enter the game. • The shark does NOT have a ball to start. Their job is to run around and kick the Nemos’ balls out of the square. • Make sure the shark is clearly marked:

		○ Different-colored bib/pinnie ○ Holding a cone ○ Wearing a fun “shark” identifier ● Once the shark is released, players must dribble away from danger to stay “alive” in the game and keep their ball in play as long as possible.
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ACTIVITY 2: Infection

 The diagram shows a 15x15 yard square field. A vertical line on the left is labeled '15 Yards' and a horizontal line at the bottom is labeled '15 Yards'. Inside the field, there are several small figures representing players and one figure representing a monster. The field is divided into a grid of 15x15 yards.	Activity Objective	To learn to dribble away from defenders, with their head up, while using proper technique
	# of players/Opponent	6 or 7 players that are “not infected” and 1 “infected”
	Size/Shape of Field	15x15 yards square
	What happens if you;	If you have your ball kicked out you become one of the “infected/monsters” and join them
	Total Activity Duration	10 mins
	Rules	One player starts as the monster! They get to choose <i>any</i> monster they want to be—anything from a giant puppy to a classic scary monster. Creativity is encouraged! The monster does not have a ball. Make sure everyone knows who the monster is before starting. All other players dribble in the space. Keep the ball close and stay alert. - When the coach yells: “The [monster name] is released!” The monster starts running around trying to kick players’ balls out of the space. If the monster kicks your ball out, you become a monster too! Announce it out loud so everyone knows: “(Player name) is now a monster!” Only monsters are allowed to knock balls out. Players with balls cannot

ACTIVITY 3: Knockout



Activity Objective

To be the last player standing by protecting and dribbling the ball away from other players

of players/Opponent

Everyone you have

Size/Shape of Field

15x15yards

Ways of Scoring

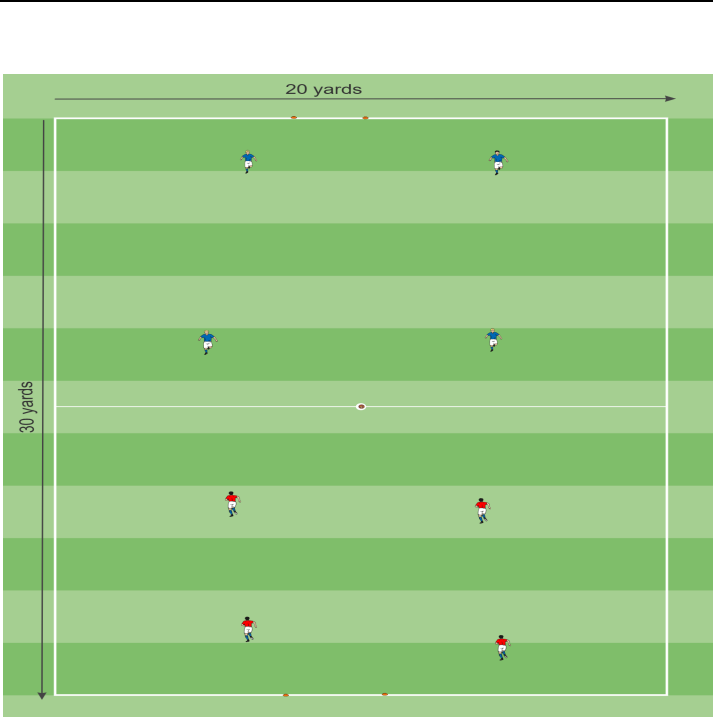
Total Activity Duration

10 mins

Rules

- **Every player starts with a ball.**
When you say “Go!” everyone begins dribbling around the space.
- **The goal: be the last player left** with your ball still in the area.
- **No hiding!**
Players must keep dribbling—no standing in corners or shielding without moving.
- **Players can try to kick other players’ balls out.**
Use changes of speed, quick turns, and

			awareness to stay alive! ● Coach involvement: You can join the game to help players feel more comfortable attempting to knock others' balls out. ● If a player's ball is kicked out: They move to the outside of the space. From the outside, they can kick a ball if someone dribbles too close—but they cannot step back inside. ● The last player remaining wins the round! Optional consequence: Any players who aren't the winner can do 10 "I'm a Stars" or another fun consequence of your choice—only if you choose to add one.
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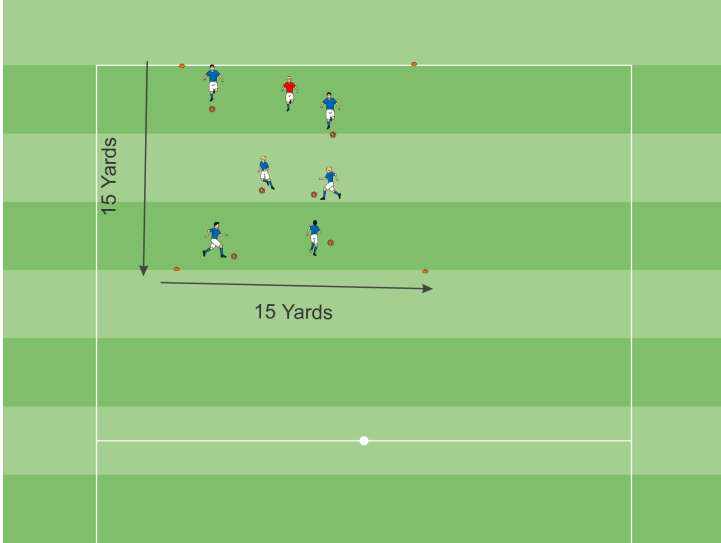
 The diagram shows a rectangular soccer field with a width of 30 yards and a length of 20 yards. The field is divided into three horizontal sections by two white lines. There are four players on the field: two in blue jerseys (top half) and two in red jerseys (bottom half). A white ball is positioned in the center of the field. The field is surrounded by a green border, and the entire area is enclosed in a black frame.	Activity Objective	To start to dribble the ball properly in an actual game.
	# of players/Opponent	split your team into two teams and play!
	Size/Shape of Field	30 by 20 yards
	Ways of Scoring	By either shooting or dribbling through the goal!
	Total Activity Duration	10-15 Mins
	Rules	Normal game rules. If it goes out on the side it will be thrown in. Make sure they keep both feet on the ground and the ball goes all the way behind their head and straight back forward on these. This is a good time to teach them how to do this. After each goal the team must celebrate their goal in some way! This is to ensure that they are knowing this is for fun and to enjoy the moment.

Week 3

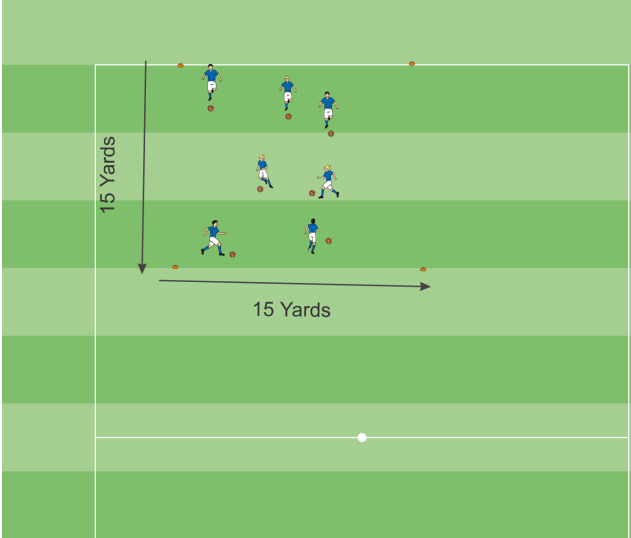
Welcome back to another great week of soccer! This session will be building off of last session with two fun games and then working on starting to create 1v1 ideas without a ball! We want them to focus on taking touches to the SIDE or AWAY from the defender not right into the defender. This can be done by either using the inside or the outside of the foot. It will be another fun day of soccer!

Warmup

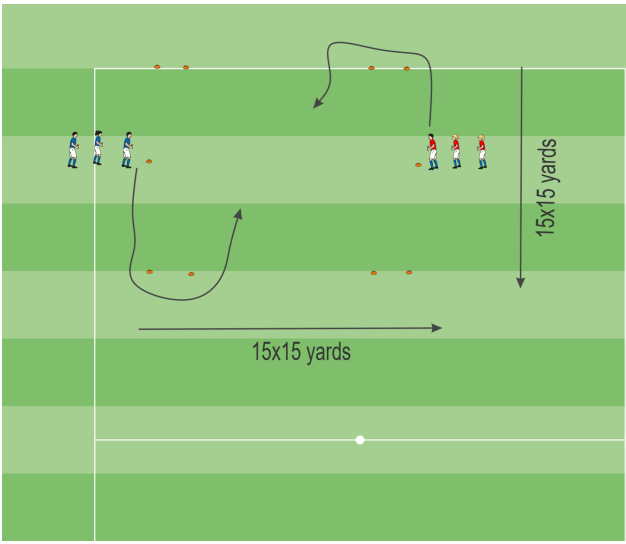
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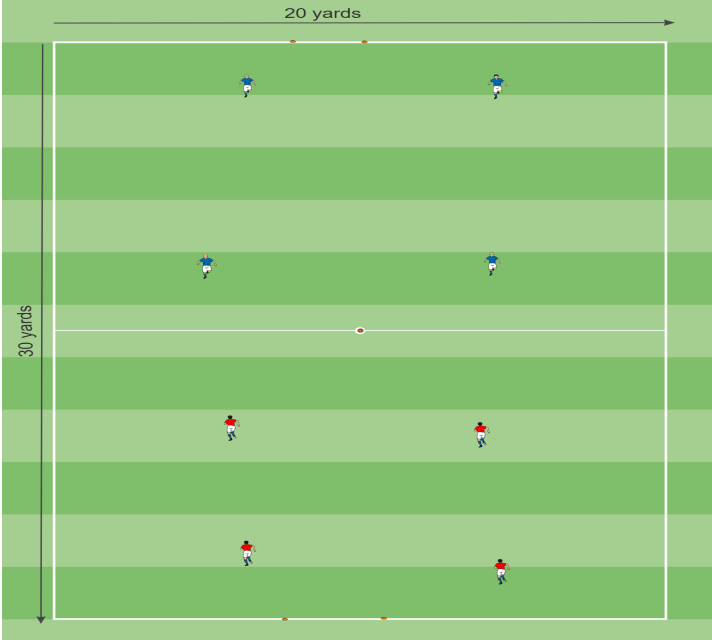
ACTIVITY 1: Infection		
	Activity Objective	To learn to dribble away from defenders, with their head up, while using proper technique
	# of players/Opponent	6 or 7 players that are “not infected” and 1 “infected”
	Size/Shape of Field	15x15 yards square
	What happens if you;	If you have your ball kicked out you become one of the “infected/monsters” and join them
	Total Activity Duration	10 mins
	Rules	One player starts as the monster! They get to choose <i>any</i> monster they want to be—anything from a giant puppy to a classic scary monster. Creativity is encouraged! The monster does not have a ball. Make sure everyone knows who the monster is before starting. All other players dribble in the space. Keep the ball close and stay alert. - When the coach yells: “The [monster name] is released!” The monster starts running around trying to kick players’ balls out of the space.

		● If the monster kicks your ball out, you become a monster too! Announce it out loud so everyone knows: “(Player name) is now a monster!” ● Only monsters are allowed to knock balls out. Players with balls cannot knock out other players’ balls. ● As more players get caught, the number of monsters grows. Keep dribbling, keep moving, and find space! ● The last player left with a ball wins the round ...and becomes the <i>starting monster</i> for the next round.
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ACTIVITY 2: Knockout		
	Activity Objective	To be the last player standing by protecting and dribbling the ball away from other players
	# of players/Opponent	Everyone you have
	Size/Shape of Field	15x15yards
	Ways of Scoring	
	Total Activity Duration	10 mins
	Rules	● Every player starts with a ball. When you say “Go!” everyone begins dribbling around the space. ● The goal: be the last player left with your ball still in the area.

		● No hiding! Players must keep dribbling—no standing in corners or shielding without moving. ● Players can try to kick other players' balls out. Use changes of speed, quick turns, and awareness to stay alive! ● Coach involvement: You can join the game to help players feel more comfortable attempting to knock others' balls out. ● If a player's ball is kicked out: They move to the outside of the space. From the outside, they can kick a ball if someone dribbles too close—but they cannot step back inside. ● The last player remaining wins the round! Optional consequence: Any players who aren't the winner can do 10 "I'm a Stars" or another fun consequence of your choice—only if you choose to add one.
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	Activity Objective	To start to figure out how to go away from the defenders by using a fun tag game!
	# of players/Opponent	Split your team in half
	Size/Shape of Field	15 by 15
	Ways of Scoring	Running through one of the two goals when attacking
	Total Activity Duration	5 to 10 mins (depending on how your players like this).
	Rules	To begin each repetition, players start at the midline cones. When you say “go,” they must first run around the nearest goal —meaning they go around both cones that form that goal. Once they complete that loop, the game is live and players can attack or defend.

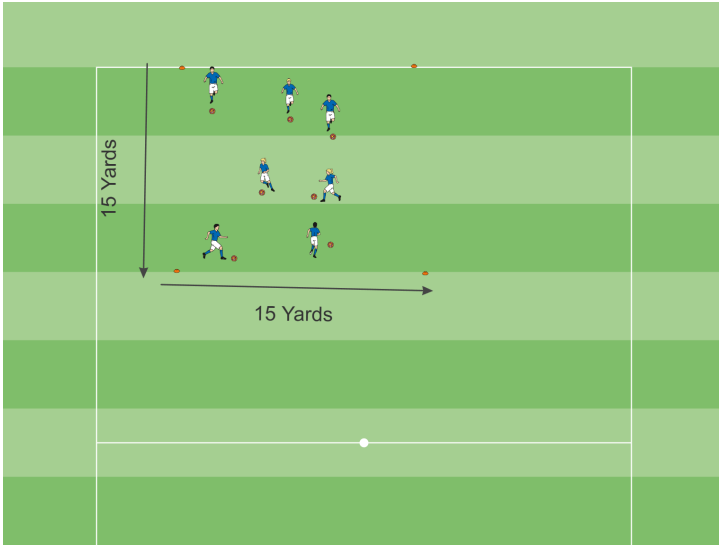
ACTIVITY 4:		
	Activity Objective	To start to dribble the ball properly in an actual game.
	# of players/Opponent	split your team into two teams and play!
	Size/Shape of Field	30 by 20 yards
	Ways of Scoring	By either shooting or dribbling through the goal!
	Total Activity Duration	10-15 Mins
	Rules	Normal game rules. If it goes out on the side it will be thrown in. Make sure they keep both feet on the ground and the ball goes all the way behind their head and straight back forward on these. This is a good time to teach them how to do this. After each goal the team must celebrate their goal in some way! This is to ensure that they are knowing this is for fun and to enjoy the moment.

Week 4

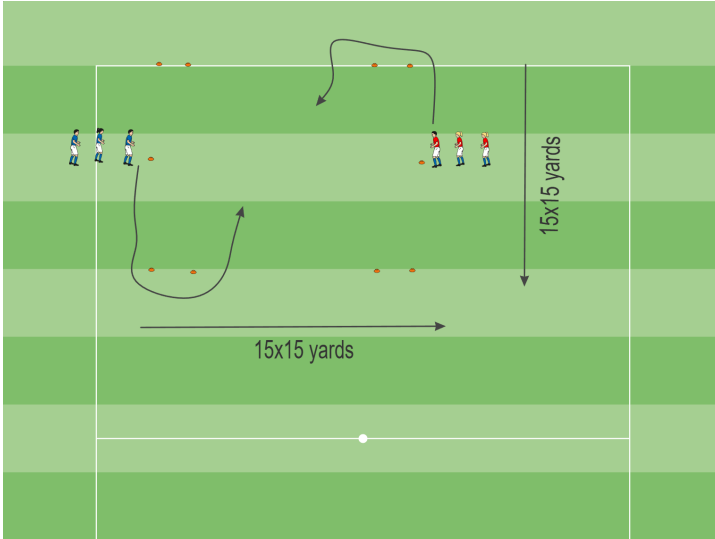
Welcome to week 4! This week we will continue to work on 1v1's and how to take touches away from the defenders. We want the kids to focus on creating space from a defender by using touches to the side and touches away from the defender to allow them to keep the ball as close as possible to them so they can score as many goals as possible.

Warmup

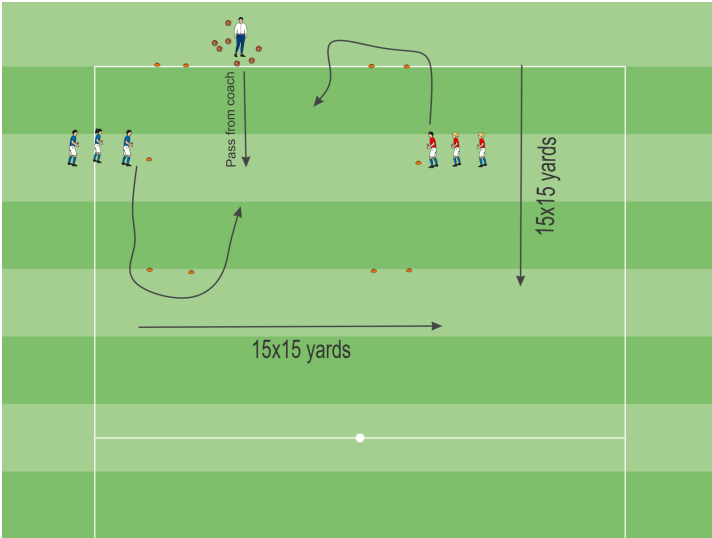
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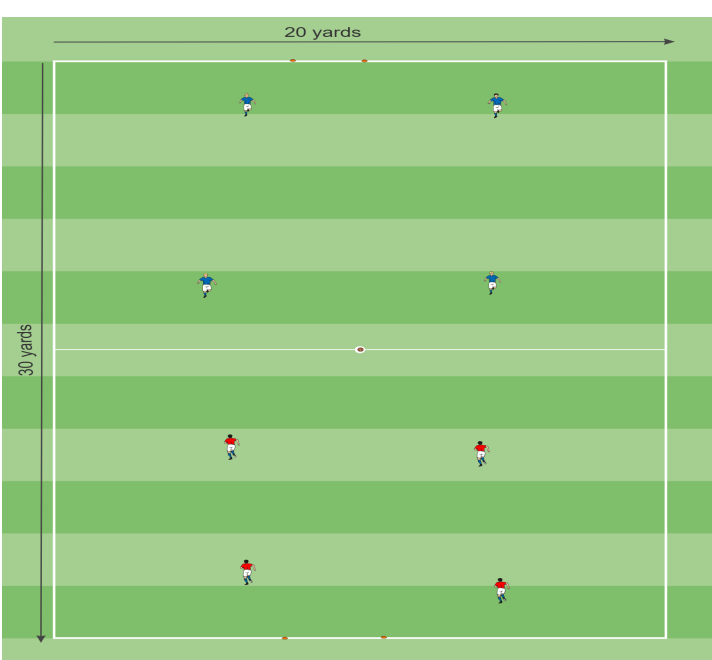
ACTIVITY 1: Knockout		
	Activity Objective	To be the last player standing by protecting and dribbling the ball away from other players
	# of players/Opponent	Everyone you have
	Size/Shape of Field	15x15yards
	Ways of Scoring	
	Total Activity Duration	10 mins
	Rules	● Every player starts with a ball. When you say “Go!” everyone begins dribbling around the space. ● The goal: be the last player left with your ball still in the area. ● No hiding! Players must keep dribbling—no standing in corners or shielding without moving. ● Players can try to kick other players’ balls out. Use changes of speed, quick turns, and awareness to stay alive! ● Coach involvement: You can join the game to help

		players feel more comfortable attempting to knock others' balls out. • If a player's ball is kicked out: They move to the outside of the space. From the outside, they can kick a ball if someone dribbles too close—but they cannot step back inside. • The last player remaining wins the round! Optional consequence: Any players who aren't the winner can do 10 "I'm a Stars" or another fun consequence of your choice—only if you choose to add one.
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ACTIVITY 2: Escape to goal, no ball		
	Activity Objective	To start to figure out how to go away from the defenders by using a fun tag game!
	# of players/Opponent	Split your team in half
	Size/Shape of Field	15 by 15
	Ways of Scoring	Running through one of the two goals when attacking
	Total Activity Duration	5 to 10 mins (depending on how your players like this).
	Rules	To begin each repetition, players start at the midline cones. When you say "go," they must first run around the nearest goal —meaning they go around both cones that form that goal. Once they complete that loop, the game is live and players can attack or defend.

ACTIVITY 3: Escape to goal with ball

	Activity Objective	-Go away from the defender -Find open space -Recognize and attack the open goal -Use proper dribbling technique under real pressure -Build confidence in 1v1 attacking moments
	# of players/Opponent	Split your team in half
	Size/Shape of Field	15by 15
	Ways of Scoring	By dribbling through one of the two goals when you have the ball
	Total Activity Duration	10 mins
	Rules	To begin each repetition, players start at the midline cones. When you say “go,” they must first run around the nearest goal—meaning they go around both cones that form that goal. Once they complete that loop, the game is live and players can attack or defend. You will play the ball out into the middle for them to run onto.

ACTIVITY 4: Scrimmage		
	Activity Objective	To start to dribble the ball properly in an actual game.
	# of players/Opponent	split your team into two teams and play!
	Size/Shape of Field	30 by 20 yards
	Ways of Scoring	By either shooting or dribbling through the goal!
	Total Activity Duration	10-15 Mins
	Rules	Normal game rules. If it goes out on the side it will be thrown in. Make sure they keep both feet on the ground and the ball goes all the way behind their head and straight back forward on these. This is a good time to teach them how to do this. After each goal the team must celebrate their goal in some way! This is to ensure that they are

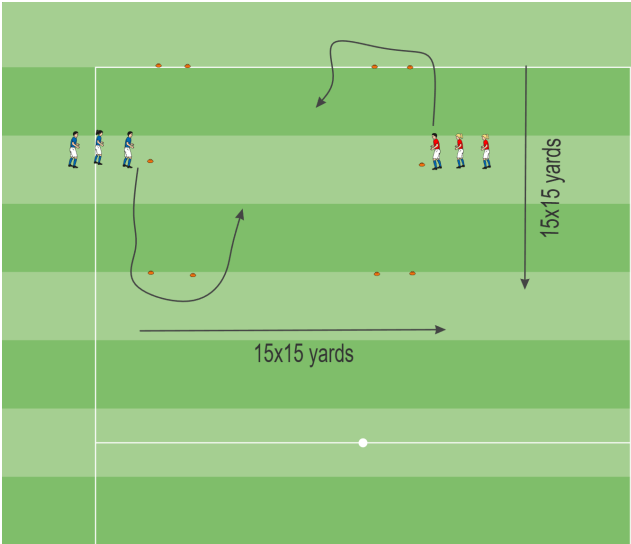
		knowing this is for fun and to enjoy the moment.
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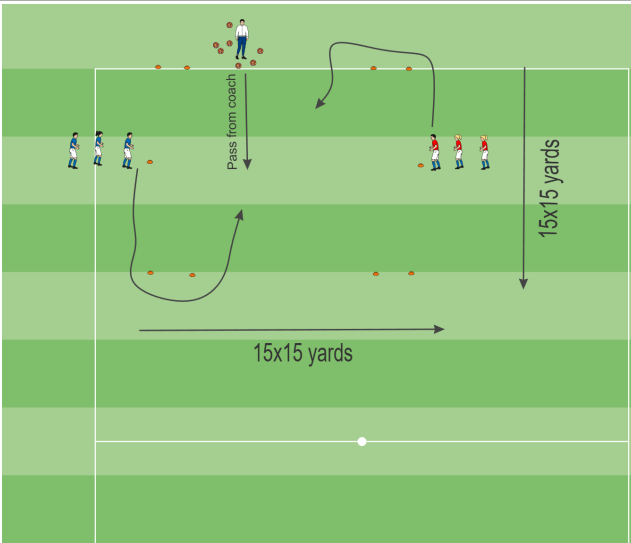
Week 5

This week we'll continue to focus on 1v1 situations, helping the players build confidence attacking defenders and making quick decisions with the ball. Along with that, we'll introduce some fun, competitive shooting games where the kids can work on their finishing and scoring in game-like situations. These activities are designed to keep the sessions energetic while encouraging creativity, confidence, and a positive mindset around shooting and taking chances.

Warmup

You chose from the warm up tab!

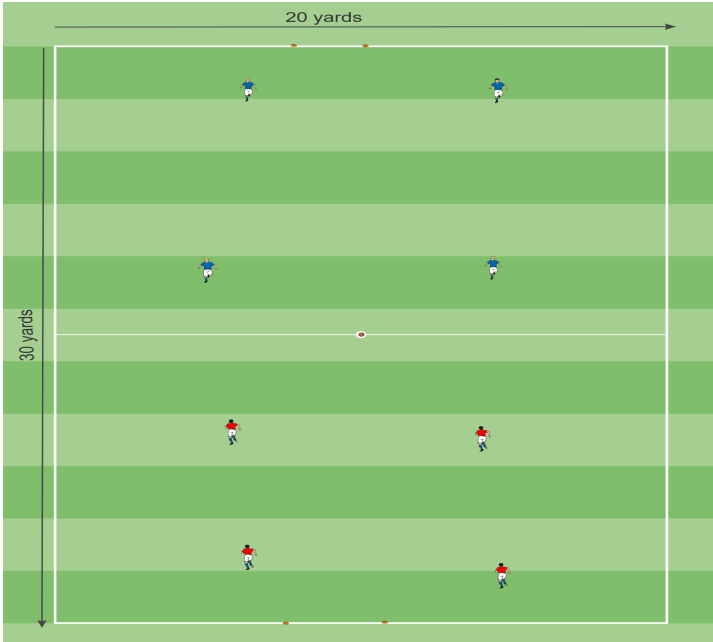
ACTIVITY 1:		
	Activity Objective	To start to figure out how to go away from the defenders by using a fun tag game!
	# of players/Opponent	Split your team in half
	Size/Shape of Field	15 by 15
	Ways of Scoring	Running through one of the two goals when attacking
	Total Activity Duration	5 to 10 mins (depending on how your players like this).
	Rules	To begin each repetition, players start at the midline cones. When you say "go," they must first run around the nearest goal —meaning they go around both cones that form that goal. Once they complete that loop, the game is live and players can attack or defend.

ACTIVITY 2:		
	Activity Objective	-Go away from the defender -Find open space -Recognize and attack the open goal -Use proper dribbling technique under real pressure -Build confidence in 1v1 attacking moments
	# of players/Opponent	Split your team in half
	Size/Shape of Field	15by 15
	Ways of Scoring	By dribbling through one of the two goals when you have the ball

	Total Activity Duration	10 mins
	Rules	To begin each repetition, players start at the midline cones. When you say “go,” they must first run around the nearest goal —meaning they go around both cones that form that goal. Once they complete that loop, the game is live and players can attack or defend. You will play the ball out into the middle for them to run onto.

ACTIVITY 3: Lightning		
	Activity Objective	To learn how to shoot the ball properly; Players should lock their ankle • Toes pointed down • Heel pointed up Strike the ball with the laces of the shoe • If the shoe does not have laces, use the middle part on the top of the foot
	# of players/Opponent	Everyone vs everyone but split your team up between the two lines. Have
	Size/Shape of Field	10x 10 space, The game is lightning! All you need to do is set up two cones that are about 8 yards apart and have one kid start in the middle of the two cones. Then set up 4 cones, two about 3 yards off the two goal cones, and two about 10 yards in front of the 2 cones outside the goal. You will have a line on each of the two cones outside the goal. (If you have a space without a goal or a pug goal and don't want to use a goalie you can. Alternatives will be below
	Ways of Scoring	By scoring on the goalie

	Total Activity Duration	10 mins
	Rules	All the balls with you as the coach. When you say go to the line that you chose to go first, the first player in that line will run out and around the cone in front of them. As they are doing this you will roll a ball out so when they get around the cone they can shoot on the first touch. We want them to go quickly! After you shoot, the player becomes the goalie as another player is running around the other cone to try to score. If you don't score on the goalie then you get scored on, you lose a life! If you lose all three lives you must stand behind the goal and try to catch the ball to get back in.

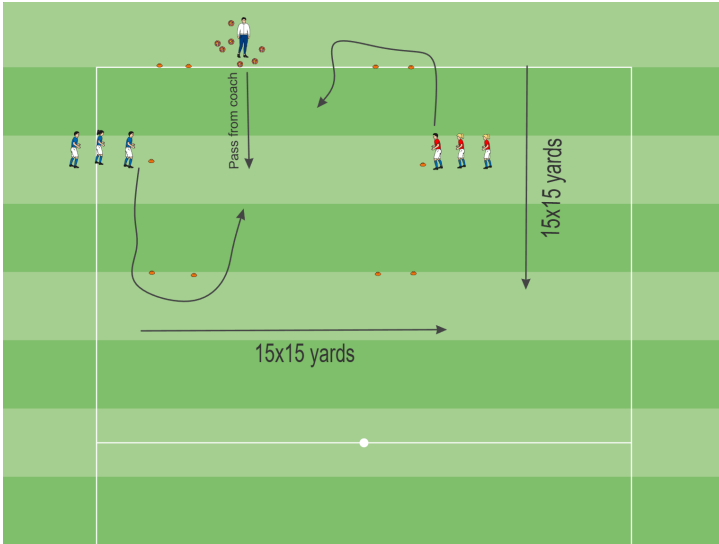
ACTIVITY 4:		
	Activity Objective	To start to dribble the ball properly in an actual game.
	# of players/Opponent	split your team into two teams and play!
	Size/Shape of Field	30 by 20 yards
	Ways of Scoring	By either shooting or dribbling through the goal!
	Total Activity Duration	10-15 Mins
	Rules	Normal game rules. If it goes out on the side it will be thrown in. Make sure they keep both feet on the ground and the ball goes all the way behind their head and straight back forward on these. This is a good time to teach them how to do this. After each goal the team must celebrate their goal in some way! This is to ensure that they are knowing this is for fun and to enjoy the moment.

Week 6

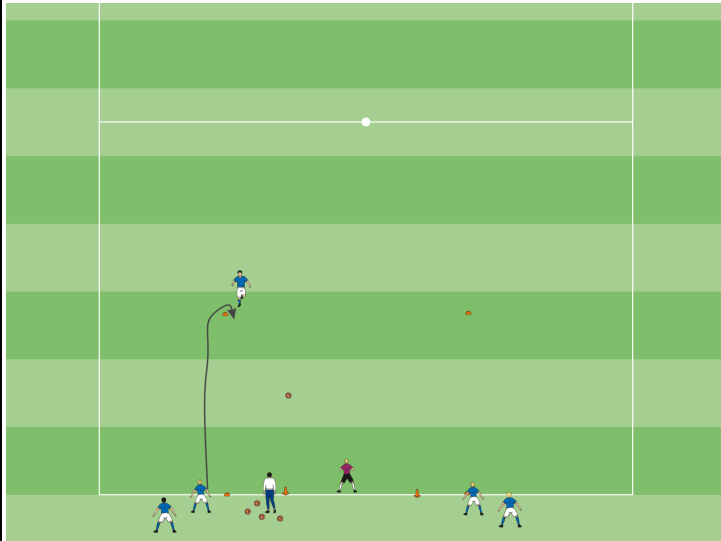
Welcome to Week 6! This week we'll continue to focus on going 1v1, encouraging players to be confident and creative when attacking defenders. Alongside that, we'll keep working on scoring goals, with an emphasis on proper shooting technique. Players will learn how to strike the ball correctly while still having plenty of opportunities to shoot in fun, game-like activities.

Warmup

You chose from the warm up tab!

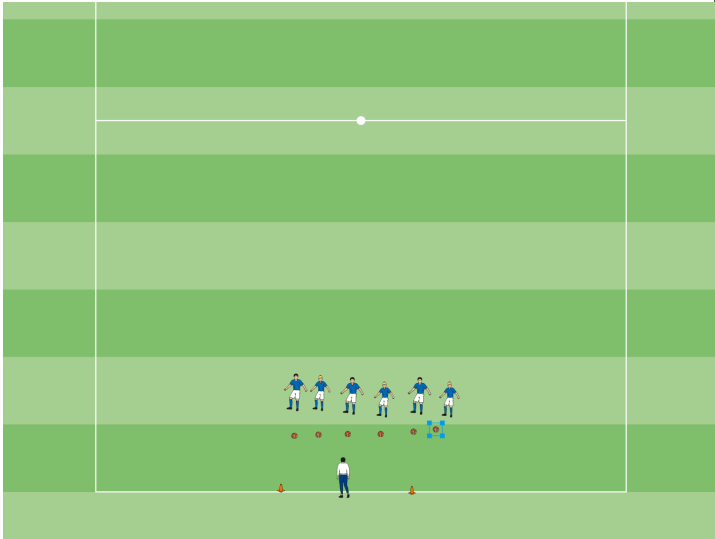
ACTIVITY 1: 1v1 with ball 4 goals		
	Activity Objective	-Go away from the defender -Find open space -Recognize and attack the open goal -Use proper dribbling technique under real pressure -Build confidence in 1v1 attacking moments
	# of players/Opponent	Split your team in half
	Size/Shape of Field	15by 15
	Ways of Scoring	By dribbling through one of the two goals when you have the ball
	Total Activity Duration	10 mins
	Rules	To begin each repetition, players start at the midline cones. When you say "go," they must first run around the nearest goal —meaning they go around both cones that form that goal. Once they complete that loop, the game is live and players can attack or defend. You will play the ball out into the middle for them to run onto.

ACTIVITY 2: Lightning

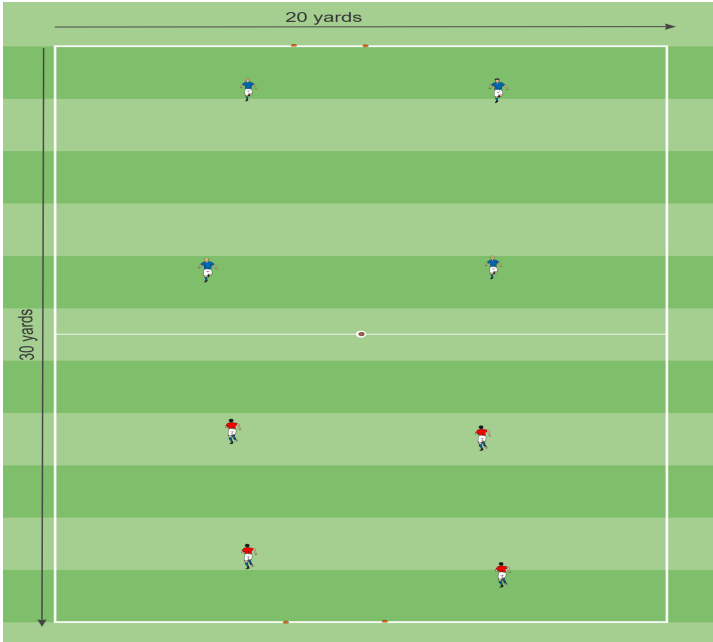


	Activity Objective	To learn how to shoot the ball properly; Players should lock their ankle • Toes pointed down • Heel pointed up Strike the ball with the laces of the shoe • If the shoe does not have laces, use the middle part on the top of the foot
	# of players/Opponent	Everyone vs everyone but split your team up between the two lines. Have
	Size/Shape of Field	10x 10 space, The game is lightning! All you need to do is set up two cones that are about 8 yards apart and have one kid start in the middle of the two cones. Then set up 4 cones, two about 3 yards off the two goal cones, and two about 10 yards in front of the 2 cones outside the goal. You will have a line on each of the two cones outside the goal. (If you have a space without a goal or a pug goal and don't want to use a goalie you can. Alternatives will be below
	Ways of Scoring	By scoring on the goalie
	Total Activity Duration	10 mins
	Rules	All the balls with you as the coach. When you say go to the line that you chose to go first, the first player in that line will run out and around the cone in front of them. As they are doing this you will roll a ball out so when they get around the cone they can shoot on the first touch. We want them to go quickly! After you shoot, the player becomes the goalie as another player is running around the other cone to try to score. If you don't score on the

		goalie then you get scored on, you lose a life! If you lose all three lives you must stand behind the goal and try to catch the ball to get back in.
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ACTIVITY 3: Net or Hit the coach		
	Activity Objective	To build off what we learned in lighting on how to shoot the ball, now getting the ball in the air.
	# of players/Opponent	Everyone is on the same team
	Size/Shape of Field	20x20 space needed max
	Ways of Scoring	To either get the ball in the air across the line or by hitting the coach in the air.
	Total Activity Duration	10-15 mins
	Rules	- Each player begins with the ball on, or just in front of, the goal line. - If no goal is available, the coach acts as the target. Players shoot the ball at the coach. - A player advances to the next round if: - The ball strikes the coach while in the air, or - The ball successfully travels over or past the coach. - After a successful attempt, move the shooting distance back 5 yards to increase the challenge. This progression continues each round. - If a player is unsuccessful, they step out and wait on the

		side or stand behind the coach. Players who are out can re-enter the game by successfully catching a ball in the air from behind the coach.
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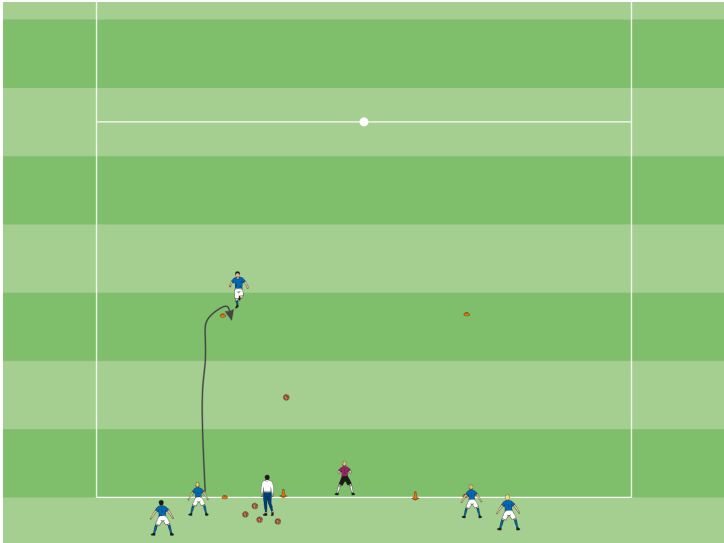
ACTIVITY 4: Scrimmage		
	Activity Objective	To start to dribble the ball properly in an actual game.
	# of players/Opponent	split your team into two teams and play!
	Size/Shape of Field	30 by 20 yards
	Ways of Scoring	By either shooting or dribbling through the goal!
	Total Activity Duration	10-15 Mins
	Rules	Normal game rules. If it goes out on the side it will be thrown in. Make sure they keep both feet on the ground and the ball goes all the way behind their head and straight back forward on these. This is a good time to teach them how to do this. After each goal the team must celebrate their goal in some way! This is to ensure that they are knowing this is for fun and to enjoy the moment.

Week 7

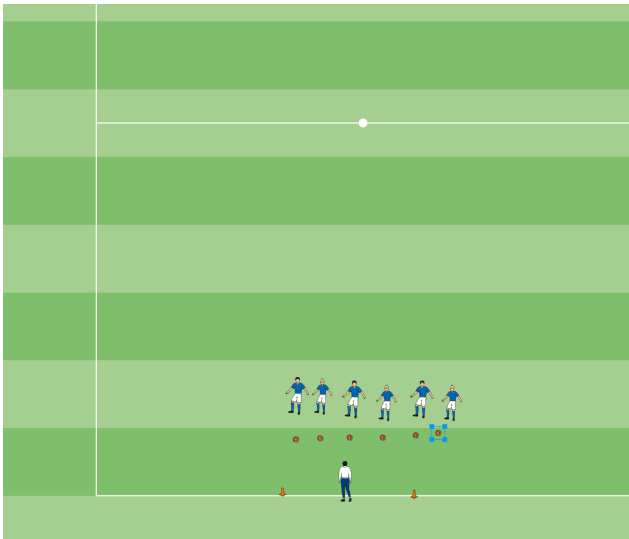
Welcome to week 7! We are going to continue to work on shooting but now we are going to add a 1v1 to goal aspect to work on everything we have done this season! Week 8 will be fun practice where the players get to decide what you do and maybe a parent vs. player scrimmage, so congrats! You have made it to the end of the season!

Warmup

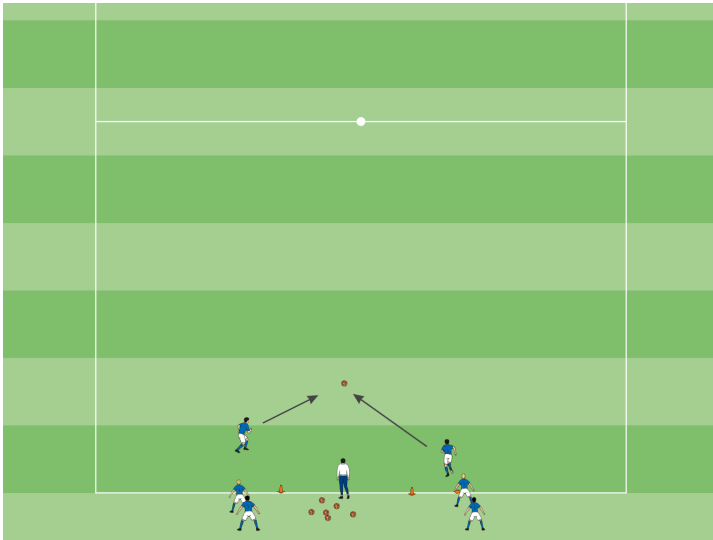
You chose from the warm up tab!

ACTIVITY 1: Lightning		
	Activity Objective	To learn how to shoot the ball properly; Players should lock their ankle • Toes pointed down • Heel pointed up Strike the ball with the laces of the shoe • If the shoe does not have laces, use the middle part on the top of the foot
	# of players/Opponent	Everyone vs everyone but split your team up between the two lines. Have
	Size/Shape of Field	10x 10 space, The game is lightning! All you need to do is set up two cones that are about 8 yards apart and have one kid start in the middle of the two cones. Then set up 4 cones, two about 3 yards off the two goal cones, and two about 10 yards in front of the 2 cones outside the goal. You will have a line on each of the two cones outside the goal. (If you have a space without a goal or a pug goal and don't want to use a goalie you can. Alternatives will be below
	Ways of Scoring	By scoring on the goalie
	Total Activity Duration	10 mins

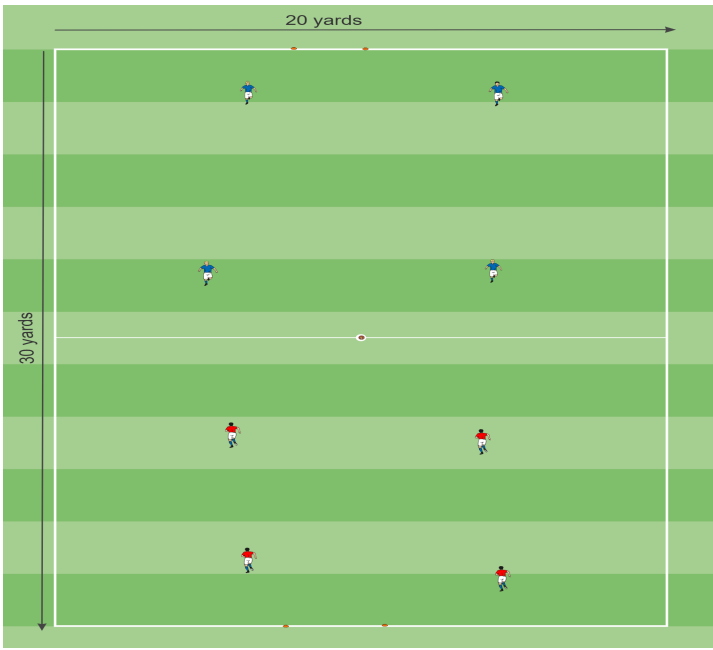
	Rules	All the balls with you as the coach. When you say go to the line that you chose to go first, the first player in that line will run out and around the cone in front of them. As they are doing this you will roll a ball out so when they get around the cone they can shoot on the first touch. We want them to go quickly! After you shoot, the player becomes the goalie as another player is running around the other cone to try to score. If you don't score on the goalie then you get scored on, you lose a life! If you lose all three lives you must stand behind the goal and try to catch the ball to get back in.
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ACTIVITY 2: Net or Hit the coach		
	Activity Objective	To build off what we learned in lighting on how to shoot the ball, now getting the ball in the air.
	# of players/ Opponent	Everyone is on the same team
	Size/Shape of Field	20x20 space needed max
	Ways of Scoring	To either get the ball in the air across the line or by hitting the coach in the air.
	Total Activity Duration	10-15 mins
	Rules	- Each player begins with the ball on, or just in front of, the goal line. - If no goal is available, the coach acts as the target. Players shoot the ball at

		the coach. • A player advances to the next round if: ○ The ball strikes the coach while in the air, or ○ The ball successfully travels over or past the coach. • After a successful attempt, move the shooting distance back 5 yards to increase the challenge. This progression continues each round. • If a player is unsuccessful, they step out and wait on the side or stand behind the coach. • Players who are out can re-enter the game by successfully catching a ball in the air from behind the coach.
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	Activity Objective	To start to go 1v1 to goal.
	# of players/Opponent	Split your team in half.
	Size/Shape of Field	20 by 20 space, . If you have a goal set up (similar to the Lightning game), place two cones—one about 3 yards off each post.
	Ways of Scoring	By scoring on the goal with you as goalie
	Total Activity Duration	10 mins
	Rules	• All balls start with the coach. • The coach plays as the goalkeeper for this activity. This ensures every player gets plenty of repetitions and no one is stuck in goal. • When the coach rolls a ball out and says “GO,” the two players at the front of each line sprint out and compete to reach the ball first. • The player who wins the ball should quickly turn and try to score. • This is a great opportunity to introduce a simple skill move: the pullback. Players use the sole of one foot to roll the ball backward toward the goal to create space. • If the pullback is too advanced, allow the players to focus on competing and scoring without emphasizing the move. • Multiple groups can go at once, but make sure the balls are rolled to different areas so players are not running directly at each other and there is no risk of collisions.

ACTIVITY 4: Scrimmage

	Activity Objective	To start to dribble the ball properly in an actual game.
	# of players/Opponent	split your team into two teams and play!
	Size/Shape of Field	30 by 20 yards
	Ways of Scoring	By either shooting or dribbling through the goal!
	Total Activity Duration	10-15 Mins
	Rules	Normal game rules. If it goes out on the side it will be thrown in. Make sure they keep both feet on the ground and the ball goes all the way behind their head and straight back forward on these. This is a good time to teach them how to do this. After each goal the team must celebrate their goal in some way! This is to ensure that they are knowing this is for fun and to enjoy the moment.

Week 8

Week 8- The focus for this week is to have as much fun as possible. You can choose any of the games you have done this season, anything you think is fun, or even a parent vs. parents player.