

Warm Ups

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

WELCOME

Welcome to Week 1 of the season!!

We are so excited to get things started and can't thank you enough for everything you do. SKV wouldn't be what it is without your energy, passion, and commitment as a coach—you make this experience special for every player!

We're here to support you every step of the way. Below is the practice plan for Week 1. This session is a little longer than the others because we're focusing on the fundamentals of dribbling. While you may already be very comfortable teaching this, we want to make sure all players across the program are learning the same techniques and building a strong foundation.

Use this as a tool to guide your session and feel free to adapt it as needed. The descriptions are there to support you and give you extra ideas as you coach.

Let's have a great first week and an awesome start to the season!

How NOT to Dribble:

Using the **inside of the foot** to push the ball forward!

No matter how much they wish they were... these kids are **NOT penguins!**

If they try to dribble forward with the inside of the foot, these things usually happen:

- They **trip over the ball**
- They **can't go fast**
- They **can't shoot with power**
- They struggle to **get away from defenders**
- They may even **leave the ball behind**

It's a tough habit to break, but this session is designed to help fix exactly that. We want them using their **laces**, taking **small, controlled touches**, and learning how to move with speed and confidence.

How to Dribble properly: With your laces/lace area of the cleats/shoe.



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 foot should look when dribbling with the laces.

Introductions

To kick things off today, start by having everyone introduce themselves!

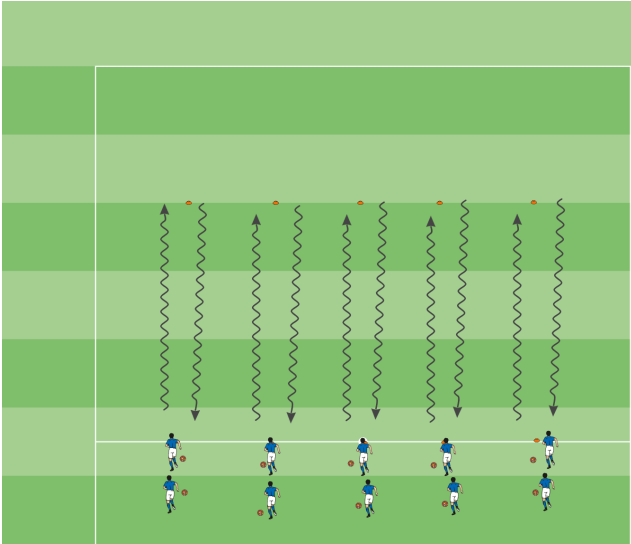
How you choose to do this is completely up to you—get creative and make it fun. You could have the players circle up and go one by one, pass a ball around, or come up with your own unique way to get everyone involved.

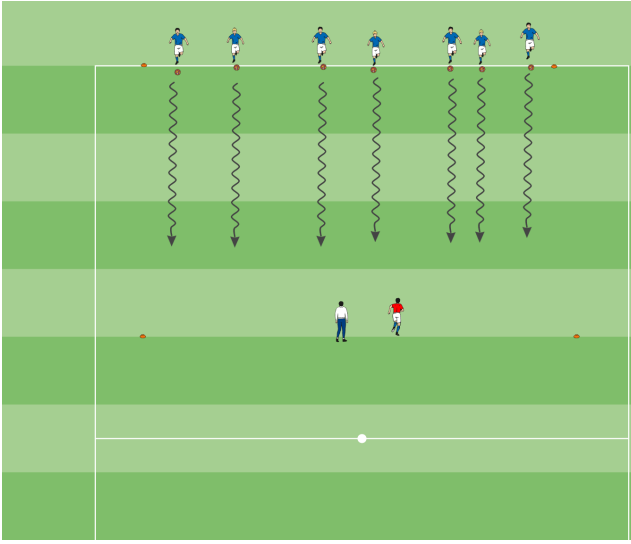
This is a great opportunity to build comfort, connection, and energy within your group right from the start—so make it engaging and set the tone for a great session!

Warmup

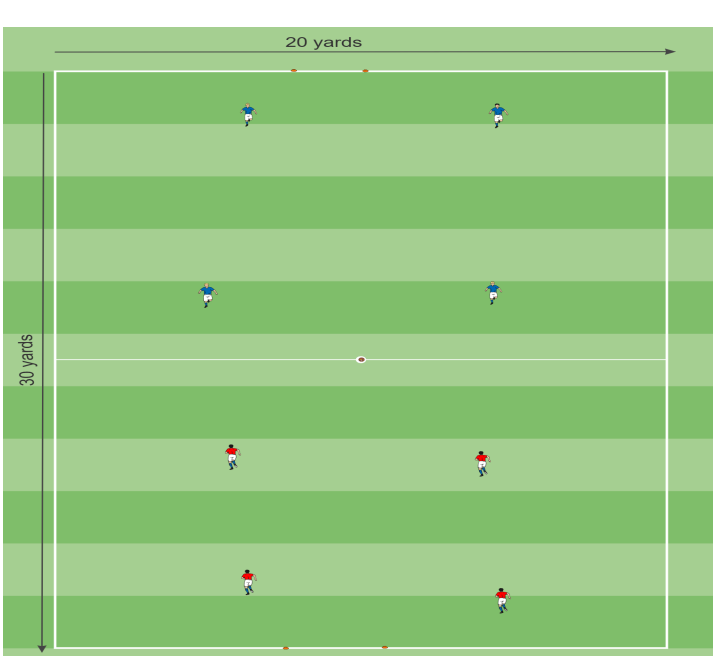
You chose from the warm up tab!

ACTIVITY 1: Races

	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)

ACTIVITY 2: Ships across the ocean		
	Activity Objective	To start to learn how to dribble the ball with the laces or the laces area of the foot
	# of players/Opponent	Everyone vs the coach or everyone vs one
	Size/Shape of Field	Make a box with 4 cones so they start on one side and dribble to the other. The box should be 15 yards by 15 yards
	Ways of Scoring	By dribbling to the other side from where you are lets you stay safe from the sharks and you don't become a shark
	Total Activity Duration	10 Minuets
	Rules	All players will start on one side of the box. One the coach says "Ships across the Ocean, Ships across the Sea. Captain,

		Captain You Can't Catch ME" the players will dribble across the and try to make it to the other side. If they make it to the other side they are safe. If they get their ball kicked out they become a shark and go stand with the coach.
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ACTIVITY 3: 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.

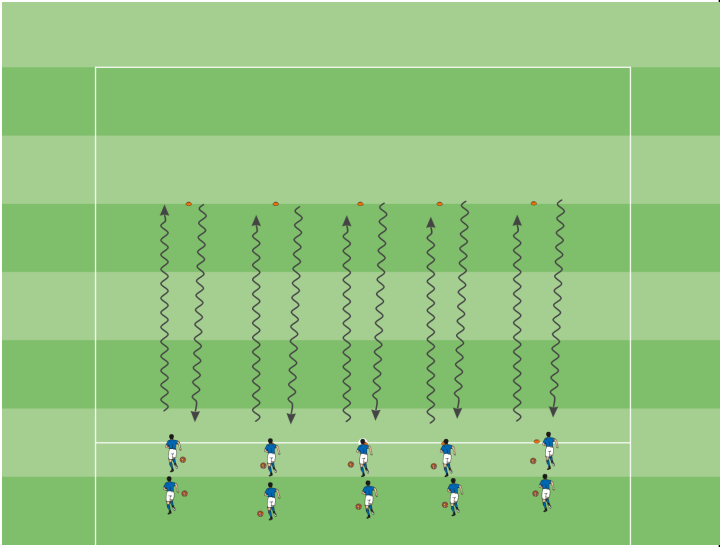
Week 2

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!

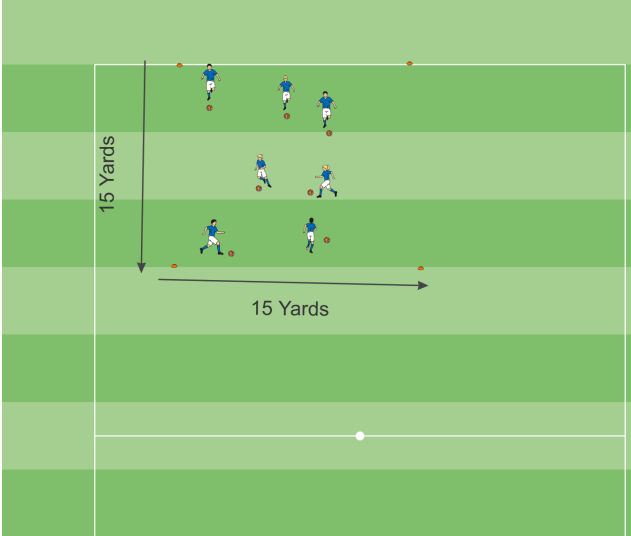
Warmup

You chose from the warm up tab!

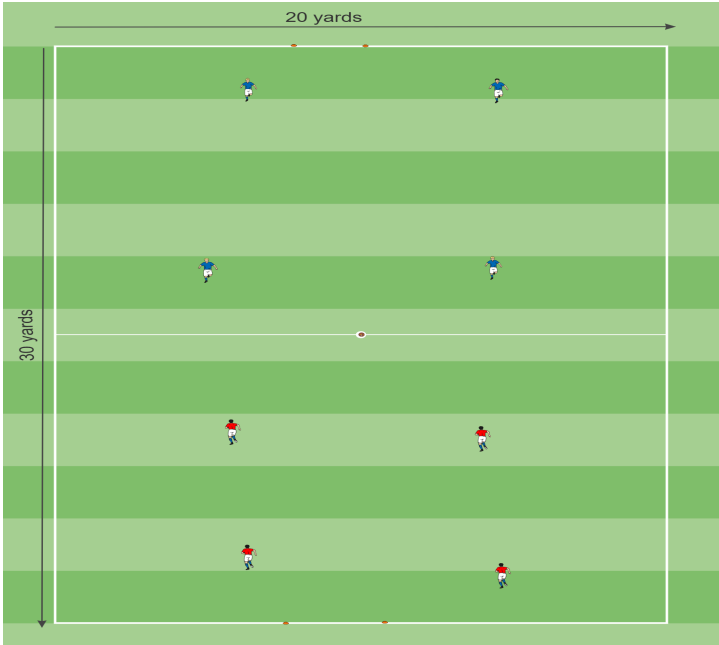
ACTIVITY 1: Races		
	Activity Objective	To continue to learn how to dribble the ball while playing fun games
	# of players/Opponent	Split your team into teams of 2 or 3.
	Size/Shape of Field	Each team will have 2 cones. Set them 10 yards apart from each other.
	Rules	They will dribble to the cone in 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)
ACTIVITY 2: Landmines		

	Activity Objective	To dribble around the space while learning how to take lots of little touches and not run over the “landmines”
	# of players/Opponent	Everyone is playing
	Size/Shape of Field	15 by 15 yards and tons of land mines in the middle
	What happens if you;	If you dribble over the cone you must dribble to the coach and do 5 im a star jumps than you jump back in and play
	Total Activity Duration	10 mins
	Rules	Everyone has a ball. Their job is to dribble around and not dribble on the cones in the middle, the “landmines. If they do they must do what is said in the “what happens if you” section.

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

ACTIVITY 4: Scrimmage

 The diagram shows a rectangular soccer field measuring 30 yards in width and 20 yards in length. The field is divided into three horizontal sections by two white lines. There are five blue players in the top section, five red players in the bottom section, and a white ball in the center. The field is surrounded by a green border.	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.

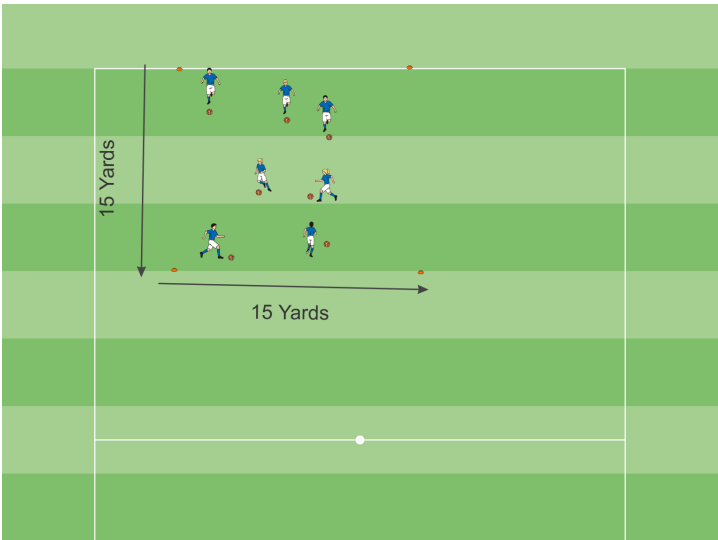
Week 3

Week 3

Welcome back to another great week of soccer! We are working on dribbling and adding some shooting!

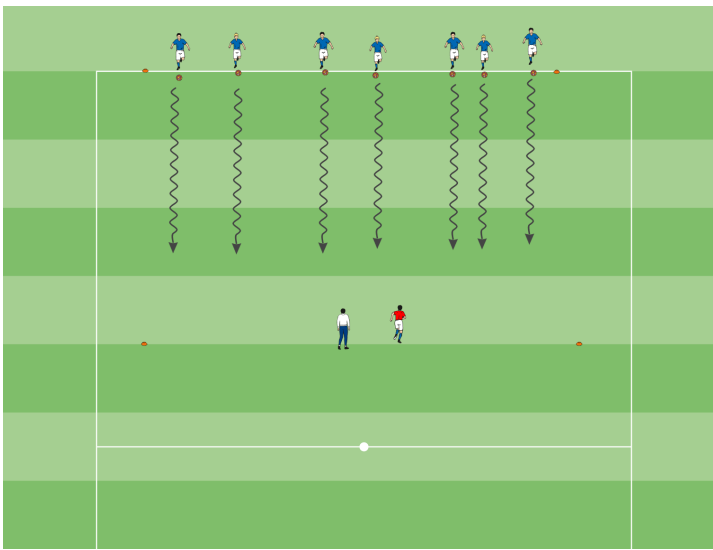
Warmup

You chose from the warm up tab!

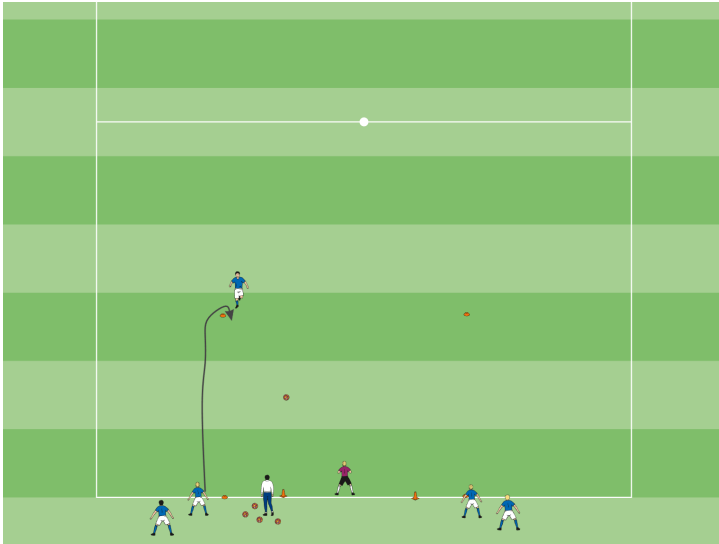
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	# of players/Opponent	Everyone you have
	Size/Shape of Field	15x15yards
	Ways of Scoring	Be l
	Total Activity Duration	10 mins
	Rules	• Every player starts with a ball. When you say “Go!” everyone begins dribbling around the space. • The goal: be 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: Ships across the ocean

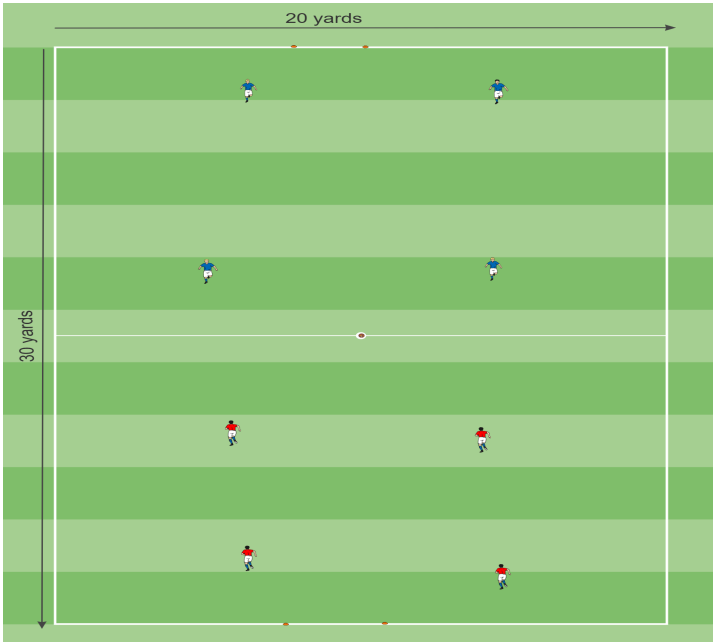
	Activity Objective	To start to learn how to dribble the ball with the laces or the laces area of the foot
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	Size/Shape of Field	Make a box with 4 cones so they start on one side and dribble to the other. The box should be 15 yards by 15 yards
	Ways of Scoring	By dribbling to the other side from where you are lets you stay safe from the sharks and you don't become a shark
	Total Activity Duration	10 Minuets
	Rules	All players will start on one side of the box. One the coach says “Ships across the Ocean, Ships across the Sea. Captain,

		Captain You Can't Catch ME" the players will dribble across the and try to make it to the other side. If they make it to the other side they are safe. If they get their ball kicked out they become a shark and go stand with the coach.
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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.

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!
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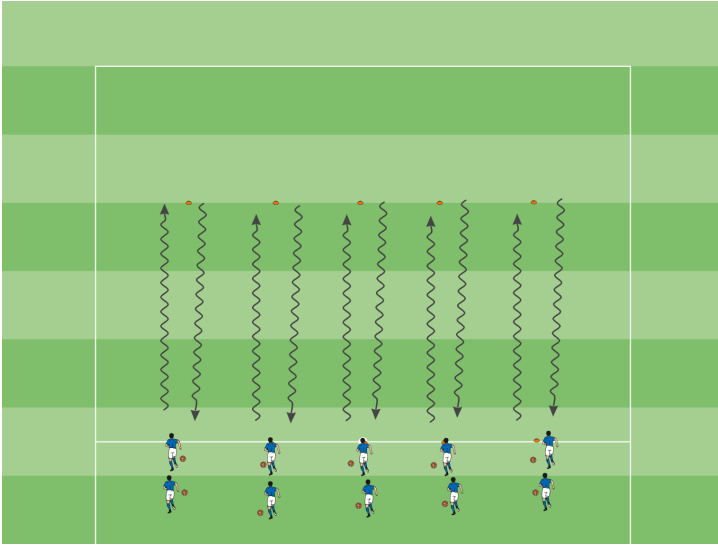
Week 4

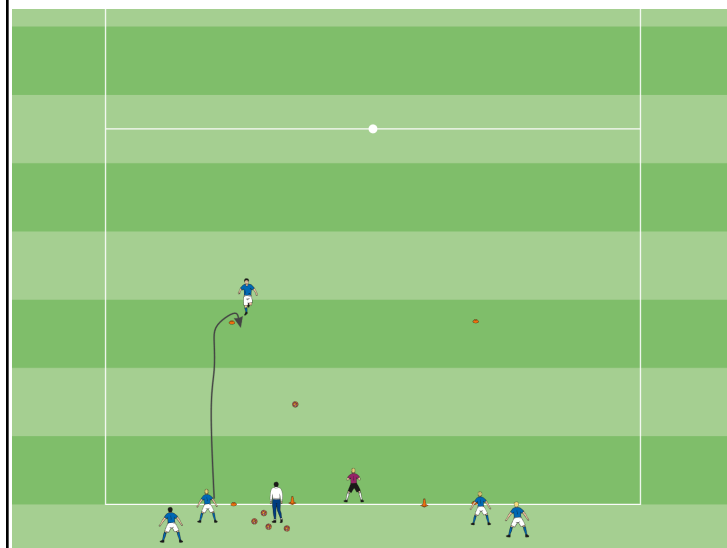
Week 4!

Welcome to week 4! This week we are working on warming up with dribbling and lots of shooting!

Warmup

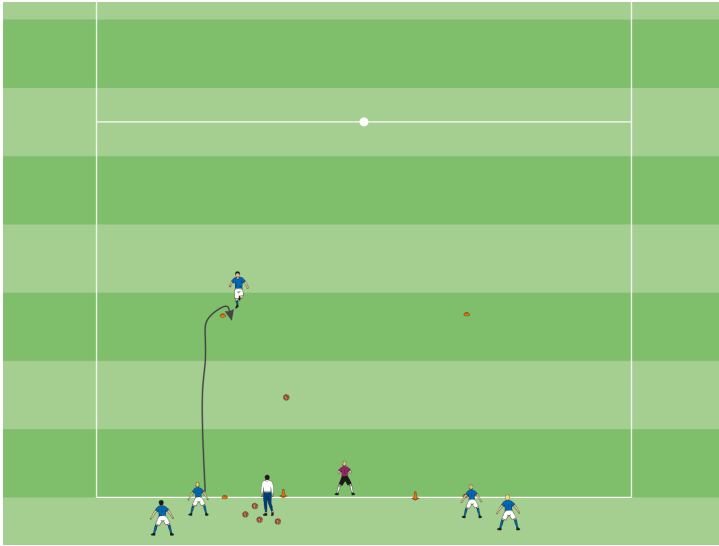
You chose from the warm up tab!

ACTIVITY 1: Races		
	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.
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	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)
ACTIVITY 2: Lightning		

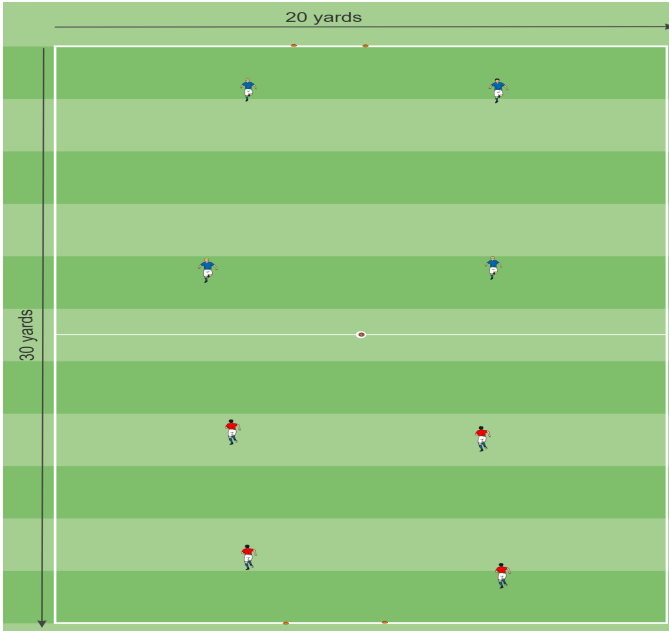


	Activity Objective	To learn how to shoot the ball properly; Players should lock their ankle • Toes pointed down • Heel pointed up Strike the ball with the laces of the shoe • If the shoe does not have laces, use the middle part on the top of the foot
	# of players/Opponent	Everyone vs everyone but split 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.
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ACTIVITY 3: Lightning Competitive		
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	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!
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	Ways of Scoring	By either shooting or dribbling through the goal!
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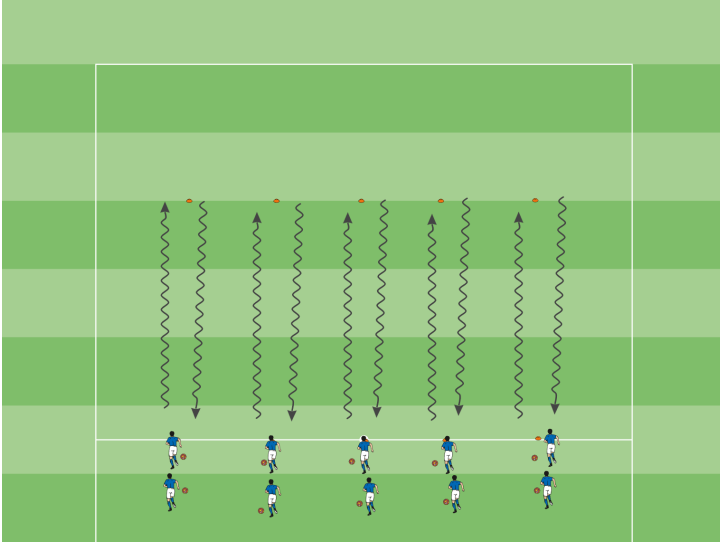
Week 5

Week 5!

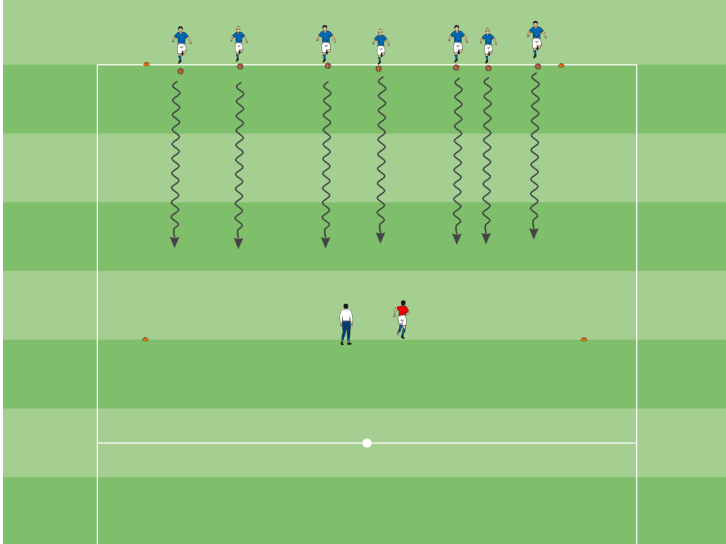
We are going back and focusing on dribbling again with some shooting at the end!

Warmup

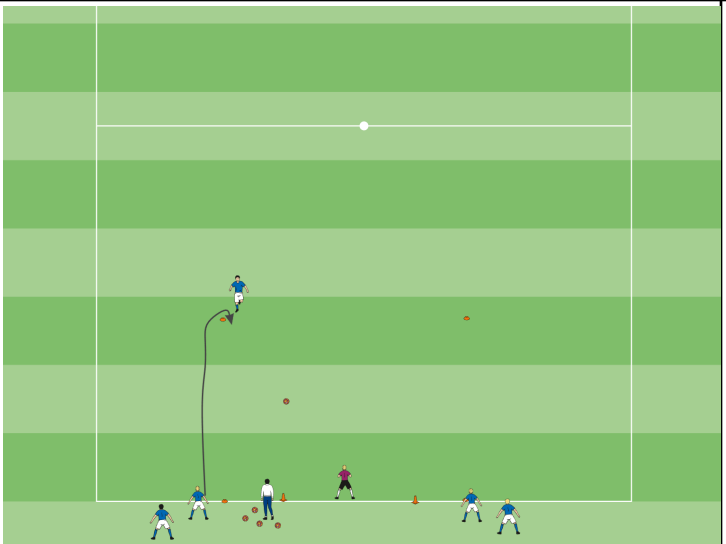
You chose from the warm up tab!

ACTIVITY 1: Races		
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	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)

ACTIVITY 2: Ships across the ocean

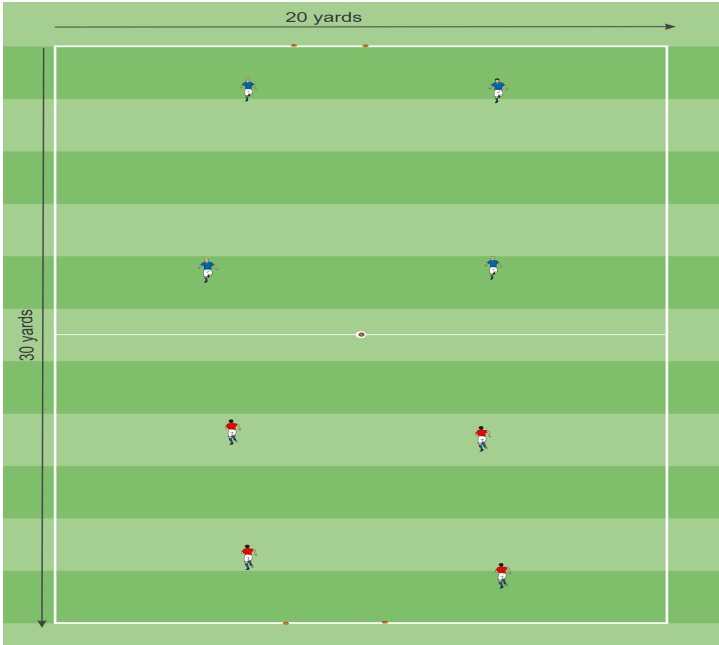
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ACTIVITY 3: Lightning

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ACTIVITY 4:

 The diagram shows a rectangular soccer field measuring 30 yards in width and 20 yards in length. The field is divided into three horizontal sections by two white lines. There are five blue players in the top section, five red players in the bottom section, and a white ball in the center circle. The field is surrounded by a green border.	Activity Objective	To start to dribble the ball properly in an actual game.
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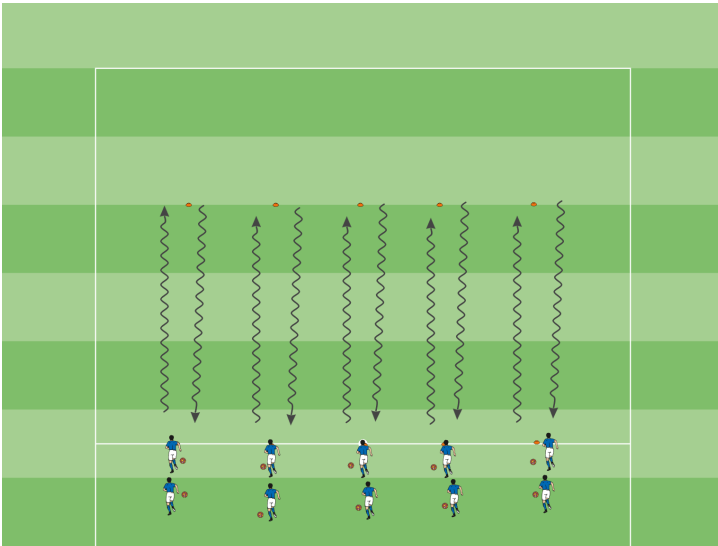
Week 6

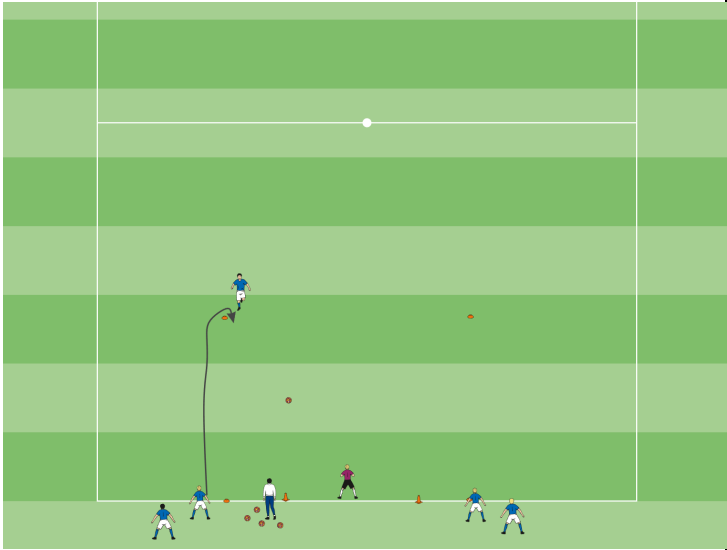
Week 6!

Welcome to week 6! We have lots of shooting that we will start adding 1v1's into the ideas of the players.

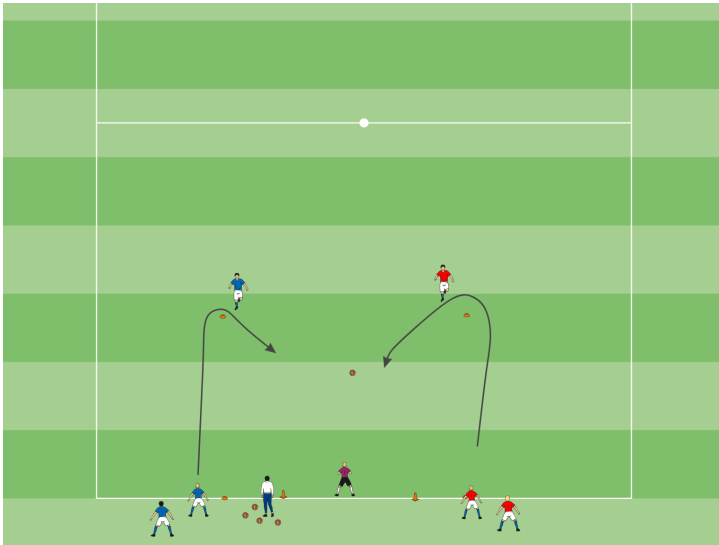
Warmup

You chose from the warm up tab!

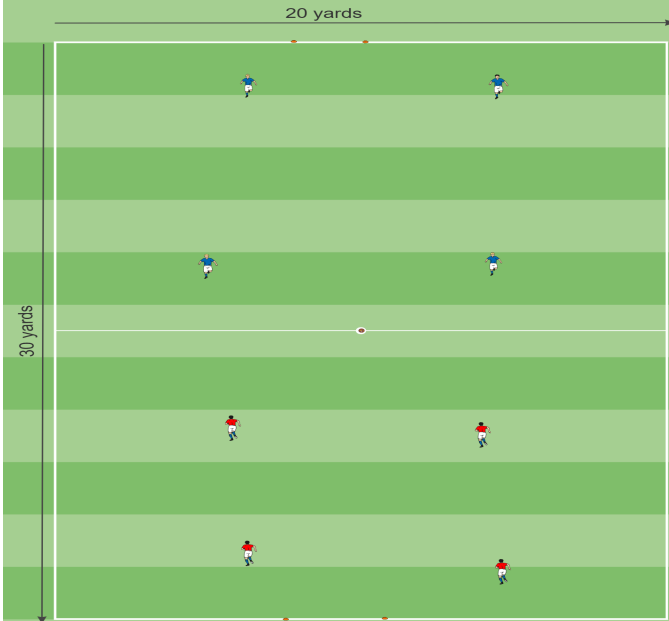
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	# of players/Opponent	Split your team into teams of 2 or 3.
	Size/Shape of Field	Each team will have 2 cones. Set them 10 yards apart from each other.
	Rules	They will dribble to the cone in front of them and back to their cone where they MUST stop 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)

	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.
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ACTIVITY 3: Lightning 1v1		
	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 first player in each 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 goal. We want them to go quickly! Both players are trying to score on the goal. If the player who doesn't get the ball first will try to get the ball from the other and then score on the goal.
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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.

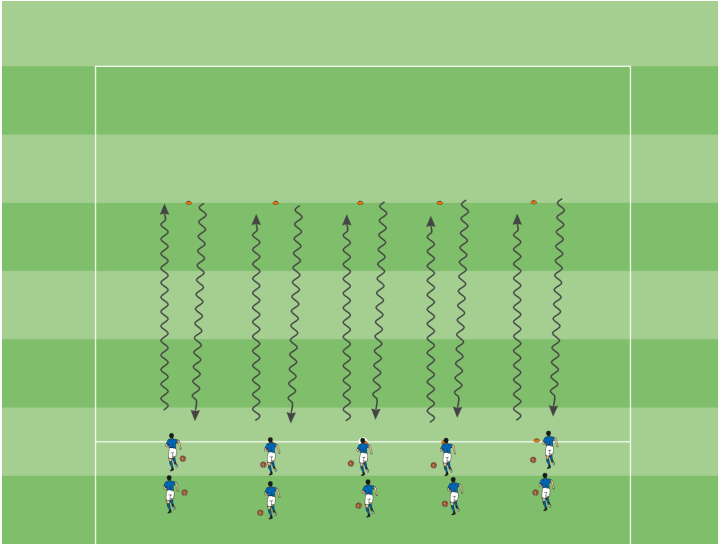
Week 7

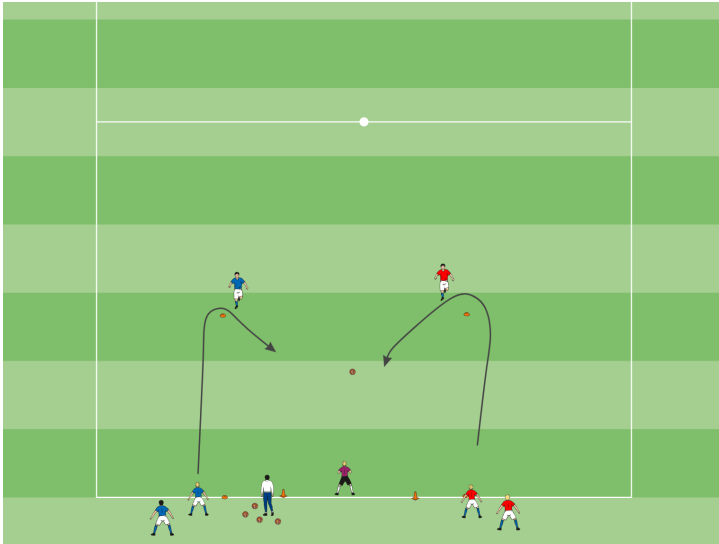
Week 7!

If this is your final practice of the season go look at week 8! If not we have lots of shooting with adding 1v1's and 2v2's to the players learning.

Warmup

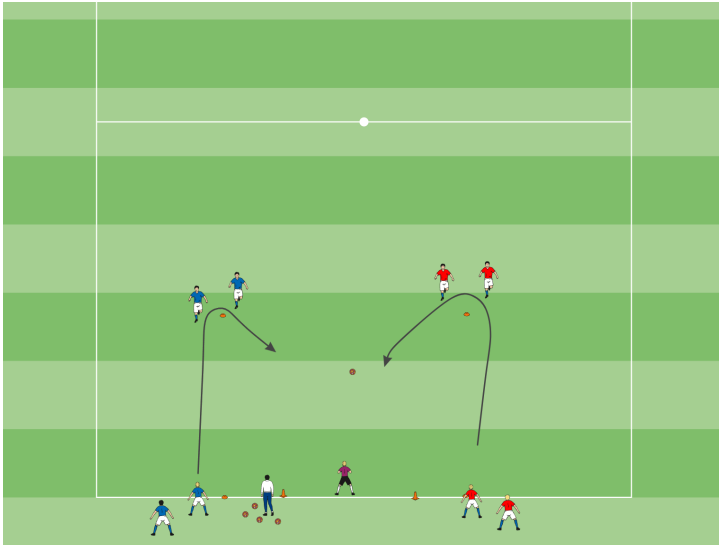
You chose from the warm up tab!

ACTIVITY 1: Races		
	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)
ACTIVITY 2: Lightning 1v1		

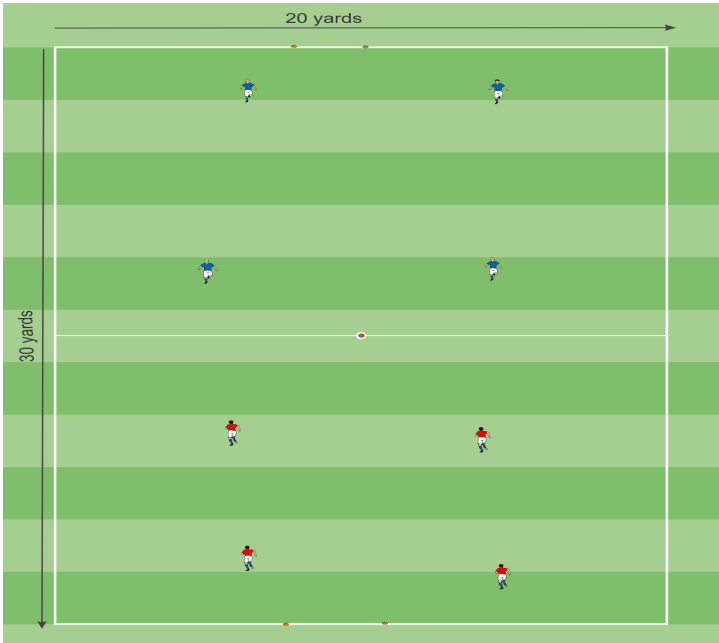
	Activity Objective	To learn how to shoot the ball properly; Players should lock their ankle • Toes pointed down • Heel pointed up Strike the ball with the laces of the shoe • If the shoe does not have laces, use the middle part on the top of the foot
	# of players/Opponent	Everyone vs everyone but split 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
	What happens if you;	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 first player in each 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 goal. We want them to go quickly!

		Both players are trying to score on the goal. If the player who doesn't get the ball first will try to get the ball from the other and then score on the goal.
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ACTIVITY 3: Lightning 2v2

	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
	What happens if you;	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 first two players in each 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 goal. We want them to go quickly! Both teams are trying to score on the goal. If the player who doesn't get the ball first will try to get the ball from the other and then score on the goal.
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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 8 (if needed)

Week 8 (OR week 7 if you only have 7 practices)- 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.