

| Time | 1st Activity (Fundamental Warm Up) | ORGANIZATION | KEY COACHING POINTS |
|-------|---|--------------|--|
| 15Min | <p>Blob Tag Have two players link elbows and they are "stuck" together. They are trying to tag anyone inside of the grid. If someone gets tagged they have to link elbows with someone on the end and become part of the blob. Once there are only 4 players remaining the game is over and the remaining players become the new blob.</p> <p>Add a ball, for the players who are not in the blob, after a few rounds without the ball.</p> | | <p>Working together.</p> <p>Avoiding capture through change of direction and pace.</p> <p>Foot skills</p> |
| 10Min | <p>Triangle Passing Create enough triangles so there are 4 (or 5) kids per triangle. The first player passes to the next corner and follows their pass. This continues around the triangle a few times until you change direction.</p> <p>For the more advanced players have them turn using a skill like a pull-back, Beckenbauer, or an "L".</p> | | <p>Passing and moving.</p> <p>Encourage them to play quick and follow their pass.</p> <p>Encourage them to play two touch.</p> |
| 10Min | <p>Hand Ball Regular scrimmage but the players pass with their hands. To score a goal they must "bowl" the ball on the ground through the cones. They can't run if they have the ball in their hands. Focus on: *When your team has the ball make yourself BIG. (spread out!) *When your team does not have the ball makes yourselves SMALL. (collapse on the ball.) *One to ball-everyone else find space or make the space big.</p> | | <p>Encourage them to move with the ball.</p> <p>You may need to have them "show you" what spreading out means.</p> <p>Constantly remind them to make the space big or small and that one goes to ball.</p> |
| 10Min | <p>Passing through the gate Line the players up with one ball and a partner across from them. Have them begin by working on passing back and forth to their partner.</p> <p>The Game: The player without the ball spreads their legs out to form a gate. The player with the ball tries to pass it through the gate. The player that was the gate collects the ball and now, the player that passed it becomes the gate. They get a point every time they pass it through their partner's gate. The partner with the most points wins.</p> | | <p>Encourage them to use the proper surfaces of the foot.</p> <p>Encourage them to be aware of where they plant their foot.</p> <p>Encourage players to focus on receiving the ball properly too.</p> |
| 5Min | <p>4 Corner Keep Away Divide the players into two teams. Two players from each team stand in opposite corners of the field in their team boxes.</p> <p>Teams play keep away in the box. To earn a point they have to pass the ball to one of their teammates in the box. The player in the box has to receive the ball and then dribble out. The player that passed it takes their place.</p> | | <p>Use half the field or the whole field as your game space depending on the ability of the players</p> <p>Encourage change of pace and foot skills.</p> <p>Encourage good passing and receiving skills.</p> |