

Time	1st Activity (Fundamental Warm Up)	ORGANIZATION	KEY COACHING POINTS
15Min	<p>Duck, Duck, Goose! This is played just like the childhood game but with a ball. One person dribbles around the circle and taps each player on the head saying "Duck" everytime. When they say, "Goose!" the player tagged must get up and also dribble their ball. They are trying to tag the person who said "Goose!" before they get around the circle and sit in their spot. *For the older kids change the "duck" and "goose" to soccer words.</p>		<p>‡ Dribbling at speed but under control. ‡ Taking bigger, controlled touches. **For the most advanced groups number each group of two and have them sit on the opposite side of the circle. Only one person of the two has a ball. Call out a number and the player without the ball has to catch the player with the ball before they get back to their spot. If they do catch them they get to "steal" their ball and the game continues.</p>
15Min	<p>2nd Activity (Fundamental warm-up) Footskills Ladder Line the players up and they can use different skills to to manuver around/through the cones. This is NOT a drill where they weave around the cones. Examples are: *Dribble quickly to the first cone and slow down between the next two, then repeat *Dribble a circle around each cone *Dribble up to the second cone; do a pull-back and turn and dribble to the first cone; do a pull-back and dribble to the third cone. *Don't dribble, manuver through using the bottoms of their feet</p>		<p>When they have mastered the routine you can make it a race. Add silly skills like having two players hold the ball between their bellies or heads and try and weave through the cones.</p>
10Min	<p>3rd Activity (Match Related) Number Passing Give each player a number. They must pass the ball in number order. i.e. 1 passes to 2, 2 passes to 3 and so on. When the last player receives the ball they play it to 1. Once they have the hang of it make it more difficult by: *Adding 1 or 2 more balls. *Saying "Reverse" and make them count backward. Then say "reverse" again. *Don't allow them to talk</p>		<p>Encourage the players to keep moving and the ball to keep moving. Encourage proper passing technique.</p>
10Min	<p>4th Activity (Match Related) Four Goal Game-Capture the Flag Split your team into 4 groups. Every player has a ball except for one "defender". The goal of the game is to have as few balls in your goal at the end of the game. *Players with the ball can still help defend *Defenders can steal a ball and score a goal. *Players that have already scored a goal can steal a ball from an opponent and then score another goal.</p>		<p>-Encourage footskills! -Encourage the defender to not stand in the goal and to become a part of the attack. -You can play many time so that every player can begin as the defender.</p>
5Min	<p>5th Activity (Match Conditioned) Hamburger (my dad coined the name!) Split the players into two teams. Give each player on each team a number. When you call out a number, throw a ball near midfield and the two players with that number will play 1v1 to the goal. After a while start calling out 2 or 3 numbers.</p>		<p>-Encourage them to use their skills. Always good to use a pull-back when their back is to their own goal. -When more than one number is called encourage spacing and passing.</p>