

Stage	Activity Description	Diagram	Guided Questions
Activity 1	<p>Protect, Turn or Get Tagged: In a 20Wx30L grid, put the players in groups of 2. One is the tagger the other is the protector. The tagger scores 1 point by throwing his/her ball and hitting the protector's ball or by the protector dribbling the ball out of bounds. Switch players after 1.5 minutes.</p>		<ul style="list-style-type: none"> • What surface should we use to protect and dribble the ball? • How can we keep the ball close to us? • How and where should we change direction? • How can we control the ball in a small space without moving?
Activity 2	<p>Gate Passing: In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. Coach: Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p> <ul style="list-style-type: none"> • Add two defenders to guard the gates 		<ul style="list-style-type: none"> • What part of the foot do you use to pass the ball? • How can the players cooperate to pass the ball quicker? • What surface to receive the ball? • Where should the first touch be?
Activity 3	<p>Gates Passing with Bandits: Select 2-3 players to be the "Bandits". They will try to dispossess the passers. If a bandit gets the ball, he/she will try to score points by dribbling through the gates. The passers need to get the ball back from the bandit. Play 3 bouts of 2-3 minutes each. Challenge the players to improve their score.</p>		<ul style="list-style-type: none"> • What part of the foot do you use to pass the ball? • How can the players cooperate to pass the ball quicker? • What surface to receive the ball? • Where should the first touch be? • How do we work together to get the ball back from the defender?
Activity 4	<p>2v1 Pass or Dribble Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must get the ball over the opposite end-line under control. If the attackers score: 1 point. If the defender steals the ball and scores: 2 points.</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?
Match	4v4 - 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