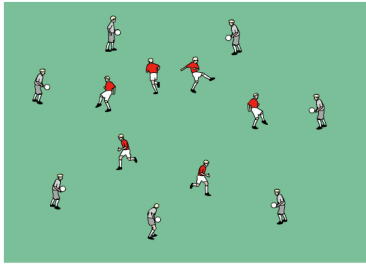
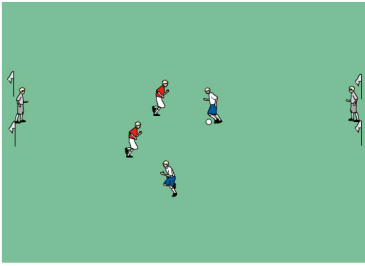


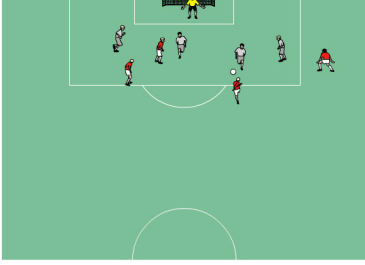
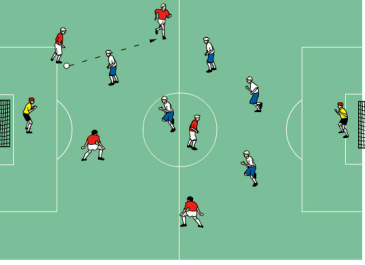


U11/12

Week 5

Theme: Finishing	Character Theme: Teamwork	Soccer Theme: Best Shot or Goal
		
<p>Warm-up: Circle Warm up</p> <p>Half of the players with a ball, half without. The players with a ball go on the outside and make a circle. The players in middle go to any player on outside and receive a tossed ball and then strike it back. They then go to a new player. Continue and switch after a minute or two. Give them different challenges.</p>	<p>1st Activity: World Cup</p> <p>Three teams of 2. Each team is a country/MLS team, etc. One team of 2 split up and are goal keepers. The other two teams play 2v2 against each other. Play for time and winner stays or play a round robin.</p>	<p>2nd Activity: Goals Galore</p> <p>Coach always has more than one ball in play.</p>
		
<p>Character Activity: “More to score”</p> <p>Play a small sided game. The purpose is to see which team can get more of their players to score goals. This should foster teamwork.</p>	<p>4th Activity: Half court soccer.</p> <p>Two teams. Play to one goal. When defending team wins the ball back, they have to take the ball back to a designated line. Make goals behind the take back line worth 2-3 points. Goals inside worth 1.</p>	<p>Final Activity: Small Sided Game</p> <p>4v4-6v6</p> <p>One ball-Goal keepers.</p>

