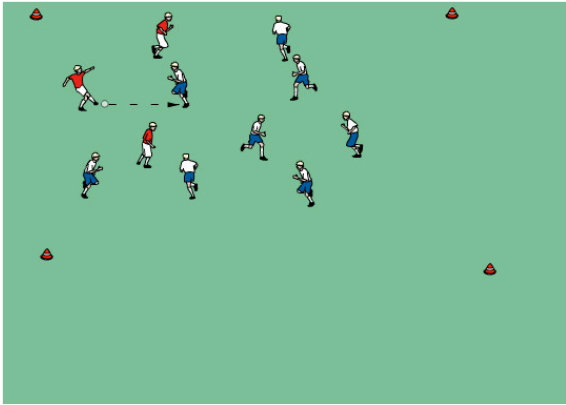
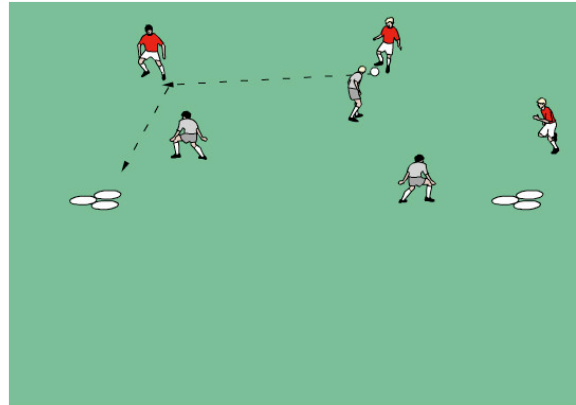


Theme: We have the ball



Soccer Theme: Best First Touch

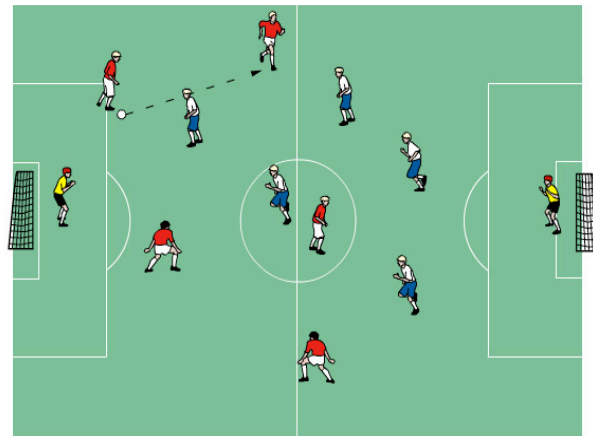
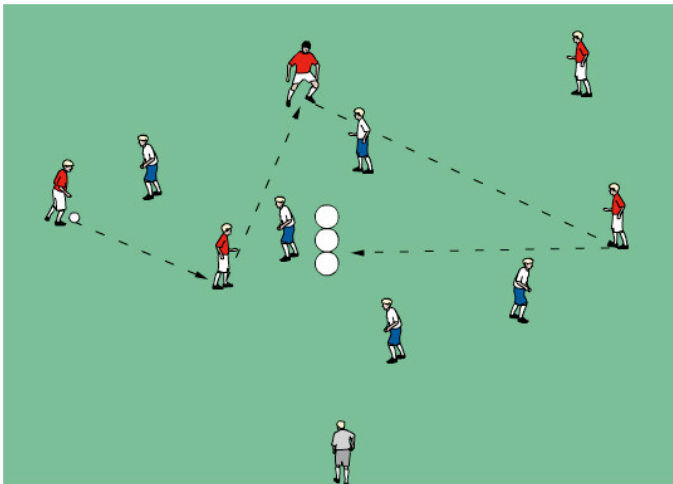


Warm Up: Bulldog

Make a small area with cones. To start three to four players share one ball. They are "it". The objective is to pass the ball and hit one of the other players below the knee. If a player gets hit then they join the team that is "it". Work on passing and receiving.

1st Activity: "Bags"

Two teams. Use bags as goals. Two teams can score and hit any bag.



2nd Activity: Barrell Ball

Small sided game. Put an object like a barrell, big bag, etc. in the middle. Put some cones around the object and make it a no entry zone. Each team is trying to hit the barrell/object with the ball.

Final Activity: Small Sided Game

Divide players into groups of 4-6 players with goal keepers.

