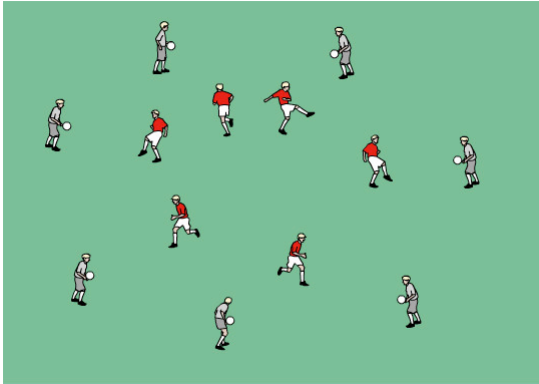
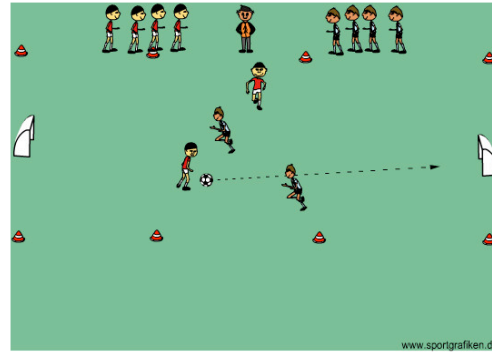


Theme: Playing in small groups



Soccer Theme: Coaches Choice

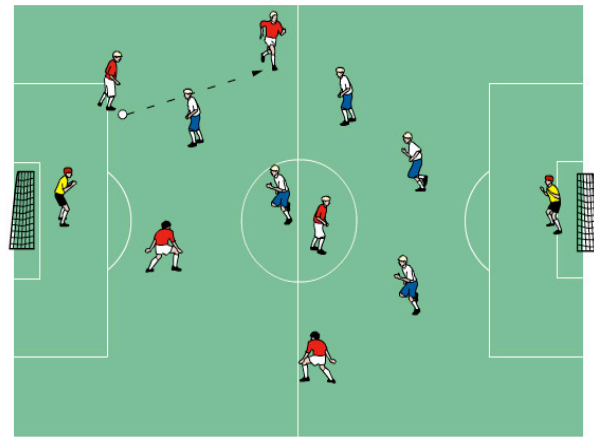
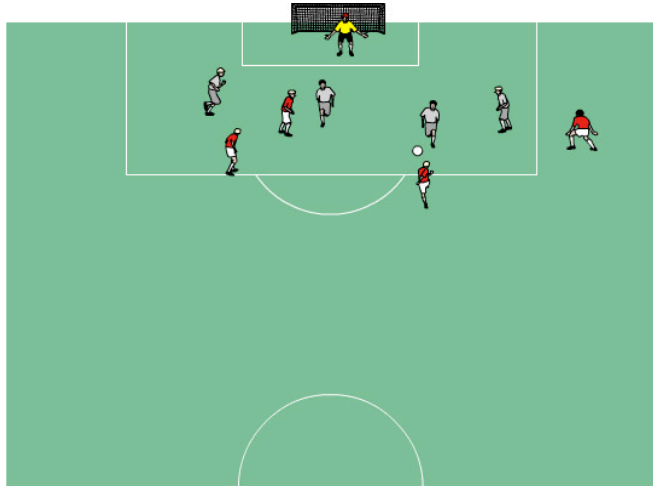


Warm-up: Circle Warm up

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.

1st Activity-Get outta here!

2v2 Game-Two teams. Play until ball goes out. When ball goes out, a new pair comes on the field.



2nd Activity: Half court soccer.

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.

Final Activity: Small Sided Game

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

