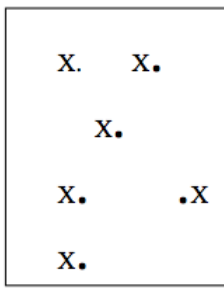
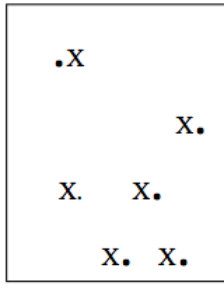


U5-U6-U7 Activities


Free Movement With Ball

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Free Movement with the Ball.</p> <p>Free Movement with the Ball at their Feet.</p>	<p>Every player has a ball in a 15 x 20 yd grid. Coach asks all players to move freely with their ball around the grid.</p> <p>Coach then asks players to move freely with the ball at their feet.</p>		<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p>

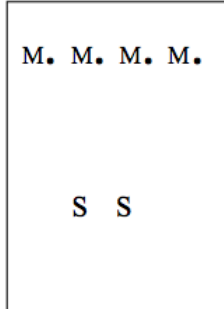
Goofy Stop & Go

<p>Goofy Stop and Go</p>	<p>Same set up as above. All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p>	<p>Coach</p> 	<p>Same as above.</p>
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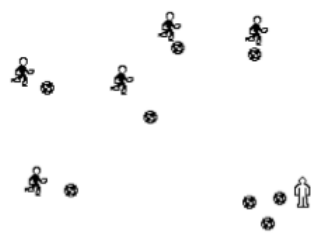
Body Part Dribble

<p>Body Part Dribbling</p>	<p>Same set up as above. All players dribble their ball in the grid. When the coach yells out a body part, the players must stop the ball with that body part.</p>		<p>Same as above.</p>
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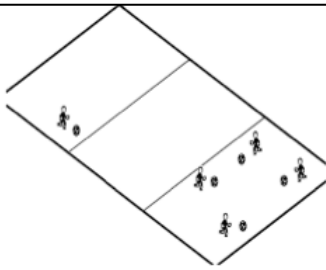
Sharks & Minnows

<p>Sharks and Minnows</p>	<p>The minnows, the players with a ball, line up shoulder to shoulder on one end of the grid. Two players are designated as sharks and are positioned inside of the grid without soccer balls. On the coach's command, the minnows must dribble their ball through the grid and get to the other side without getting their ball stolen or kicked away by the sharks. If a player loses their ball while crossing the grid, he/she becomes a shark.</p>	<p>Coach</p> 	<p>FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.</p>
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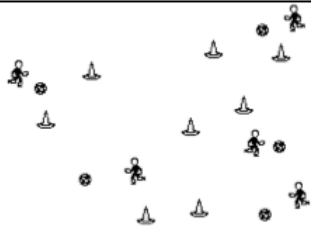
Ball Retrieve

<p>Retrieve</p>	<p>The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.</p>		<p>The purpose of the activity is to encourage the children to move toward a target. First, by bring the ball with their hands and then with their feet.</p>
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Hospital Tag

<p>Hospital Tag</p>	<p>In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged. After the player is tagged for the third time, they must go to the hospital to get well. The hospital is a space ten to fifteen yards away where the player must dribble to and perform four ball touches. After completion they come back into the game with a fresh start.</p>		<p>The children learn to keep the ball close to be able move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the "hospital" they are back in the game.</p>
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Gates Dribble

<p>Gates Dribble</p>	<p>Cones or disks are placed as gates all over the playing area (there should be more gates than children). Children try to dribble through as many gates as possible in a specified period of time, such as 15 sec. The children keep track of how many gates they dribbled and try to get more the next time. The coach needs to make sure the children go from one gate to another.</p>		<p>The children learn to control the ball at pace while running and turning.</p>
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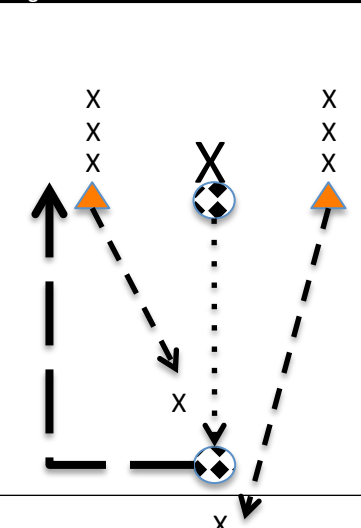
Warm-Up

Activity	Description	Diagram	Purpose
Warm-Up (Ball Control with Thigh, Laces, Chest, Head...U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

Juke The Cone

Activity	Description	Diagram	Purpose
Juke The Cone	Each player with their ball dribbles towards a cone at whatever speed their comfortable with. Once they approach the cone, they can "try" a move on the cone (scissors, Maradona, etc...). EVOLUTION: Dictate to player what move to make. Options can be...Step on ball and pull back (change direction), cut (90 degree) and dribble faster, stop ball and restart dribble, etc...	Demonstrate for campers	Control ball, change direction, learn creativity with ball, improve dribbling technique at speed. NOTE: Allow for creativity here. Don't dictate too much. Any move is a good move!

Dragons & Aliens

Activity	Description	Diagram	Purpose
Dragons vs. Aliens	Make two lines (3-5 deep) 10 yards apart facing same direction. Coach in the middle serves/rolls balls out 15-20 yards. Players at front of each line sprint out and try to win the ball. Once a player wins it, their task it to dribble it back to the coach/pass it over the line the coach is standing on.		Possession, shielding, dribbling under pressure, defending, fighting for ball possession (if defending). NOTE: Manage physical play and ensure players are "under control" when dribbling/passing back to you.

Matthew's Line Game

2nd Activity

"Matthews" Line Game

This is a 4v4 game but it is always played with 2 balls going at the same time. The object is to dribble the ball over a line. When a team scores by dribbling over a line, they look for a new ball that is delivered by the coach. An extra point is scored if the player that dribbled over the line can tell the coach who passed them the ball. This will encourage them to pass a little bit more.

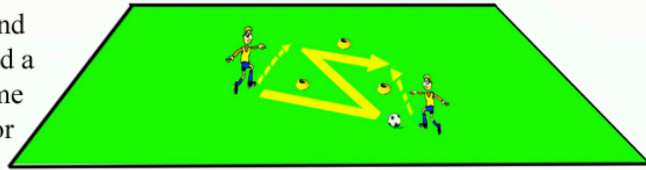
Guided Discovery Question: How do you know when to dribble and when to pass? **Answer:** We can dribble when we have space. We need to pass when someone comes to try and get the ball from us.



Triangles

1st Activity -Triangles

Two players take 3 cones and spread them about a yard apart into a triangle shape. One player passes the ball through a pair of cones and the other player will then receive the ball and to take the ball around a cone and then back through for the other player to repeat. Every time they can do this successfully it is a point. Anytime they hit a cone or the pass isn't completed, it is not a point. See which pair can get the most.

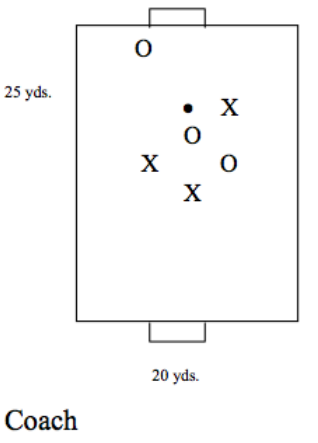


Guided Discovery Question: How can you and your partner score more points?
Answer: By always being ready to receive a pass. By always making a good pass to our teammate.


4v2 Passing For Goals – USE LATE IN SEASON...NOT EARLY!

Activity	Description	Diagram	Purpose
4 v 2 Passing For Goals	In a 20 x 20 area, 4 attacking/possessing players vs. 2 defenders. Object of the game is for attackers to gain goals (points) by making consecutive passes. Start with a goal of 3 passes to gain a point, then evolve to 4, maybe 5 or 6 depending on how they're doing. If the defenders steal and gain possession they get a point. 1st pass free.	Explain	Ball movement, spacing, teamwork, defending, player movement.

3v3 Scrimmage

<p>3v3 Soccer Match</p>	<p>Set up a 20 yd x 25 yd field with goals at each end. Divide the players into two teams. Play 3v3 with no goalkeepers on the field. Balls are served in one at a time by the coach who is positioned outside the field at midfield.</p>	 <p>Coach</p>	<p>FUN...Directional play. Dribbling under pressure; kicking; receiving; shooting; decision making; change of speed; change of direction; defending.</p>
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Cool Down

<p>Cool Down Juggling</p>	<p>Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try “thigh-thigh-foot-catch”, etc.</p>		<p>FUN...challenging; balance; coordination.</p>
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U8-U9 Activities

Activities-U8-U9



Activity

Coaching Points

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing??).</p> <p>Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p> <p>Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> ▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over.</p> <p>Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> ▪ Instead of having a line you could also have an end zone in which the players try to get their ball to stop.
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p>Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Activities-U8-U9



	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head...U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 22	Juke The Cone	Each player with their ball dribbles towards a cone at whatever speed their comfortable with. Once they approach the cone, they can "try" a move on the cone (scissors, Maradona, etc...). EVOLUTION: Dictate to player what move to make. Options can be...Step on ball and pull back (change direction), cut (90 degree) and dribble faster, stop ball and restart dribble, etc...	Demonstrate for campers	Control ball, change direction, learn creativity with ball, improve dribbling technique at speed. NOTE: Allow for creativity here. Don't dictate too much. Any move is a good move!

	Activity	Description	Diagram	Purpose
Activity 3	4 v 2 Passing For Goals	In a 20 x 20 area, 4 attacking/possessing players vs. 2 defenders. Object of the game is for attackers to gain goals (points) by making consecutive passes. Start with a goal of 3 passes to gain a point, then evolve to 4, maybe 5 or 6 depending on how they're doing. If the defenders steal and gain possession they get a point. 1st pass free.	Explain	Ball movement, spacing, teamwork, defending, player movement. NOTE: take time as the game is being played to "ask them" what they can do (or where they should move to) to receive a pass in a more open position.

	Activity	Description	Diagram	Purpose
Activity 4	4 v 4 with 4 Mini Goals	30 x 30 area, place a mini goal at each corner. Object is for players to score on ANY of the goals by spreading the field, passing, and finding open spots to move/pass to. Start with no pass restrictions, then move to 2 or 3 passes to ensure no one player is dominating the ball.	Explain	Ball movement, spacing, teamwork, defending, player movement, switching fields, vision, talking/communicating.

Activities-U8-U9



	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head...U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 2	Dynamic Line	Make two lines facing each other about 10 yards apart... player 1(X1) at front of one line has ball, and passed (solidly) to first player on opposite line (X2). Once pass is made, passing player (X1) sprints to back of opposing line and receiving player (X2) dribbles ball to new front player on opposite line (X3).		Quick passing, movement after pass, controlled dribbling, continual movement. Receiving players at "Ready Position"

	Activity	Description	Diagram	Purpose
Activity 3	Dragons vs. Aliens	Make two lines (3-5 deep) 10 yards apart facing same direction. Coach in the middle serves/rolls balls out 15-20 yards. Players at front of each line sprint out and try to win the ball. Once a player wins it, their task it to dribble it back to the coach/pass it over the line the coach is standing on.		Possession, shielding, dribbling under pressure, defending, fighting for ball possession (if defending). NOTE: Manage physical play and ensure players are "under control" when dribbling/passing back to you.

Activities-U8-U9

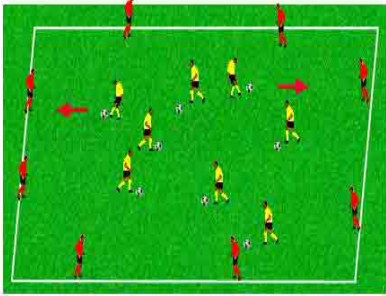


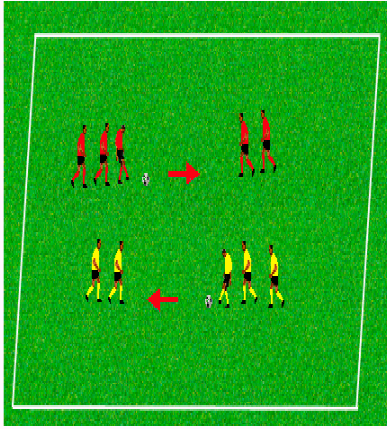
	Activity	Description	Diagram	Purpose
Activity 4	Pin Ball	<p>Make two lines facing each other (players on same line with 2-3 yards between them) about 10 yards apart. Each player on outside line has a ball at their feet.</p> <p>Two players stand at opposite ends of the "lane/tunnel" created by the outside lines and take turns jogging through the lane.</p> <p>Players with balls try to hit jogging players feet with their ball. When jogging player's feet are hit, they quickly change direction.</p>		<p>Accuracy, passing to feet of moving player, leading passes, timing. NOTE: Ensure players are spaced out on same line. Otherwise there isn't enough room for players to make good passes. Also, switch Joggers after a few rounds. Try to rotate all players as Joggers.</p>


Activities-U8-U9

Activity	Description	Diagram	Purpose
Activity 1 Warm-Up (Ball Control with Thigh, Laces, Chest, Head...U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

Activity Name	Description	Diagram	Purpose/Coaching Points
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2 Receiving Square	Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from someone new.		<ol style="list-style-type: none"> 1. First touch and importance of cushioning ball 2. Get in line with the ball 3. Select controlling surface early 4. Relax body part at impact.
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3 Receiving Line	Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat.		<ol style="list-style-type: none"> 1. First touch and importance of cushioning ball 2. Get in line with the ball 3. Select controlling surface early 4. Relax body part at impact. 5. First touch sets up your second touch. 6. Ball should come down no farther than a "legs length" away.
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4 6v6 match	Session should end with a 6v6 match played on a field that is 50 x 30 or 60 x 40.		Control made easier by early selection, getting in line of flight of the ball, and relaxing body part at impact.
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U10-U11-U12 Activities

Activities-U10, U11, U12



Activity

Coaching Points

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> ▪ When dribbling for speed the players do not have to dribble the ball as close ▪ Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing??).</p> <p>Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> ▪ When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender? ▪ If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p> <p>Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> ▪ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth ▪ As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over.</p> <p>Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> ▪ Instead of having a line you could also have an end zone in which the players try to get their ball to stop.
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game.</p> <p>Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> ▪ This game should be very fast paced ▪ As soon as the ball goes out of bounds throw another ball in immediately ▪ The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them ▪ Vary how balls are distributed into the playing area

Activities-U10, U11, U12



	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head...U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 22	Juke The Cone	Each player with their ball dribbles towards a cone at whatever speed their comfortable with. Once they approach the cone, they can "try" a move on the cone (scissors, Maradona, etc...). EVOLUTION: Dictate to player what move to make. Options can be...Step on ball and pull back (change direction), cut (90 degree) and dribble faster, stop ball and restart dribble, etc...	Demonstrate for campers	Control ball, change direction, learn creativity with ball, improve dribbling technique at speed. NOTE: Allow for creativity here. Don't dictate too much. Any move is a good move!

	Activity	Description	Diagram	Purpose
Activity 3	4 v 2 Passing For Goals	In a 20 x 20 area, 4 attacking/possessing players vs. 2 defenders. Object of the game is for attackers to gain goals (points) by making consecutive passes. Start with a goal of 3 passes to gain a point, then evolve to 4, maybe 5 or 6 depending on how they're doing. If the defenders steal and gain possession they get a point. 1st pass free.	Explain	Ball movement, spacing, teamwork, defending, player movement. NOTE: take time as the game is being played to "ask them" what they can do (or where they should move to) to receive a pass in a more open position.

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Activities-U10, U11, U12

	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head...U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 2	Dynamic Line	Make two lines facing each other about 10 yards apart... player 1(X1) at front of one line has ball, and passed (solidly) to first player on opposite line (X2). Once pass is made, passing player (X1) sprints to back of opposing line and receiving player (X2) dribbles ball to new front player on opposite line (X3).		Quick passing, movement after pass, controlled dribbling, continual movement. Receiving players at "Ready Position"

	Description		Diagram	Purpose
	Activity			
Activity 3	Dragons vs. Aliens	Make two lines (3-5 deep) 10 yards apart facing same direction. Coach in the middle serves/rolls balls out 15-20 yards. Players at front of each line sprint out and try to win the ball. Once a player wins it, their task it to dribble it back to the coach/pass it over the line the coach is standing on.		Possession, shielding, dribbling under pressure, defending, fighting for ball possession (if defending). NOTE: Manage physical play and ensure players are "under control" when dribbling/passing back to you.

Activities-U10, U11, U12



	Activity	Description	Diagram	Purpose
Activity 4	Pin Ball	<p>Make two lines facing each other (players on same line with 2-3 yards between them) about 10 yards apart. Each player on outside line has a ball at their feet.</p> <p>Two players stand at opposite ends of the "lane/tunnel" created by the outside lines and take turns jogging through the lane.</p> <p>Players with balls try to hit jogging players feet with their ball. When jogging player's feet are hit, they quickly change direction.</p>		<p>Accuracy, passing to feet of moving player, leading passes, timing. NOTE: Ensure players are spaced out on same line. Otherwise there isn't enough room for players to make good passes. Also, switch Joggers after a few rounds. Try to rotate all players as Joggers.</p>

Activities-U10, U11, U12



Activity	Description	Diagram	Purpose
Activity 1 Warm-Up (Ball Control with Thigh, Laces, Chest, Head...U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

Activity Name	Description	Diagram	Purpose/Coaching Points
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2 Receiving Square	Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from someone new.		<ol style="list-style-type: none"> 1. First touch and importance of cushioning ball 2. Get in line with the ball 3. Select controlling surface early 4. Relax body part at impact.
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3 Receiving Line	Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat.		<ol style="list-style-type: none"> 1. First touch and importance of cushioning ball 2. Get in line with the ball 3. Select controlling surface early 4. Relax body part at impact. 5. First touch sets up your second touch. 6. Ball should come down no farther than a "legs length" away.
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4 6v6 match	Session should end with a 6v6 match played on a field that is 50 x 30 or 60 x 40.		Control made easier by early selection, getting in line of flight of the ball, and relaxing body part at impact.
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U13-U14-U15 Activities

Activities-U12, U13, U14, U15



	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head... U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 2	Juke The Cone	Each player with their ball dribbles towards a cone at whatever speed their comfortable with. Once they approach the cone, they can "try" a move on the cone (scissors, Maradona, etc...). EVOLUTION: Dictate to player what move to make. Options can be...Step on ball and pull back (change direction), cut (90 degree) and dribble faster, stop ball and restart dribble, etc...	Demonstrate for campers	Control ball, change direction, learn creativity with ball, improve dribbling technique at speed. NOTE: Allow for creativity here. Don't dictate too much. Any move is a good move!

	Activity	Description	Diagram	Purpose
Activity 2	Dynamic Line	Make two lines facing each other about 10 yards apart... player 1(X1) at front of one line has ball, and passed (solidly) to first player on opposite line (X2). Once pass is made, passing player (X1) sprints to back of opposing line and receiving player (X2) dribbles ball to new front player on opposite line (X3).		Quick passing, movement after pass, controlled dribbling, continual movement. Receiving players at "Ready Possition"

	Activity	Description	Diagram	Purpose
Activity 4	4 v 2 Passing For Goals	In a 20 x 20 area, 4 attacking/possessing players vs. 2 defenders. Object of the game is for attackers to gain goals (points) by making consecutive passes. Start with a goal of 3 passes to gain a point, then evolve to 4, maybe 5 or 6 depending on how they're doing. If the defenders steal and gain possession they get a point. 1st pass free.	Explain	Ball movement, spacing, teamwork, defending, player movement. NOTE: take time as the game is being played to "ask them" what they can do (or where they should move to) to receive a pass in a more open position.

Activities-U12, U13, U14, U15



	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head... U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12+) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 2	Pin Ball	Make two lines facing each other (players on same line with 2-3 yards between them) about 10 yards apart. Each player on outside line has a ball at their feet. Two players stand at opposite ends of the "lane/tunnel" created by the outside lines and take turns jogging through the lane. Players with balls try to hit jogging players feet with their ball. When jogging player's feet are hit, they quickly change direction.		Accuracy, passing to feet of moving player, leading passes, timing. NOTE: Ensure players are spaced out on same line. Otherwise there isn't enough room for players to make good passes. Also, switch Joggers after a few rounds. Try to rotate all players as Joggers.

	Activity	Description	Diagram	Purpose
Activity 3	Soccer Volleyball	In a 10 x 10 area, set up a line of cones to split the area in half. Set two teams of 4 each on either side of the cone line (net) and let them play volleyball (without their hands). Ball is to be served in by punting it (lightly), and returned by using feet, thigh, or head. Ball can bounce once before having to be returned over the net. Only 3 touches per side or other team gains point.		Teamwork, ball control and touch with multiple body parts, accuracy, movement.

	Activity	Description	Diagram	Purpose
Activity 4	Dragons vs. Aliens	Make two lines (3-5 deep) 10 yards apart facing same direction. Coach in the middle serves/rolls balls out 15-20 yards. Players at front of each line sprint out and try to win the ball. Once a player wins it, their task it to dribble it back to the coach/pass it over the line the coach is standing on.		Possession, shielding, dribbling under pressure, defending, fighting for ball possession (if defending). NOTE: Manage physical play and ensure players are "under control" when dribbling/passing back to you.

Activities-U12, U13, U14, U15



	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head... U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 2	4 v 2 Passing For Goals	In a 20 x 20 area, 4 attacking/possessing players vs. 2 defenders. Object of the game is for attackers to gain goals (points) by making consecutive passes. Start with a goal of 3 passes to gain a point, then evolve to 4, maybe 5 or 6 depending on how they're doing. If the defenders steal and gain possession they get a point. 1st pass free.	Explain	Ball movement, spacing, teamwork, defending, player movement. NOTE: take time as the game is being played to "ask them" what they can do (or where they should move to) to receive a pass in a more open position.

	Activity	Description	Diagram	Purpose
Activity 3	4 v 4 with 4 Mini Goals	30 x 30 area, place a mini goal at each corner. Object is for players to score on ANY of the goals by spreading the field, passing, and finding open spots to move/pass to. Start with no pass restrictions, then move to 2 or 3 passes to ensure no one player is dominating the ball.	Explain	Ball movement, spacing, teamwork, defending, player movement, switching fields, vision, talking/communicating.

	Activity	Description	Diagram	Purpose
Activity 4	Dragons vs. Aliens	Make two lines (3-5 deep) 10 yards apart facing same direction. Coach in the middle serves/rolls balls out 15-20 yards. Players at front of each line sprint out and try to win the ball. Once a player wins it, their task it to dribble it back to the coach/pass it over the line the coach is standing on.		Possession, shielding, dribbling under pressure, defending, fighting for ball possession (if defending). NOTE: Manage physical play and ensure players are "under control" when dribbling/passing back to you.

Activities-U12, U13, U14, U15



	Activity	Description	Diagram	Purpose
Activity 1	Warm-Up (Ball Control with Thigh, Laces, Chest, Head... U12s and Up only)	Each player has their own ball...as they walk around a small area (20 x 20 yds), ask them to drop the ball to their instep and bounce back to hands, to their thigh and bounce back to thigh, toss it up and receive with chest, and (U12>) toss ball and head lightly.	Demonstrate for campers	Warm-up, ball touch, control, use different body parts to control ball.

	Activity	Description	Diagram	Purpose
Activity 2	Soccer Volleyball	In a 10 x 10 area, set up a line of cones to split the area in half. Set two teams of 4 each on either side of the cone line (net) and let them play volleyball (without their hands). Ball is to be served in by punting it (lightly), and returned by using feet, thigh, or head. Ball can bounce once before having to be returned over the net. Only 3 touches per side or other team gains point.		Teamwork, ball control and touch with multiple body parts, accuracy, movement.

	Activity	Description	Diagram	Purpose
Activity 3	Team Knockout	4 v 6 game...players on outside of box are Attackers and players inside box (with ball) are defenders. Attackers run into box and try to knock ball away (and out of box) from defenders. Defenders who's ball is knocked out can join their fellow defenders and help them keep ball away from attackers by passing ball around. Limit to 5 minute sessions (x 4 sessions).		Shielding, movement with ball, passing, quick thinking, teamwork.

	Activity	Description	Diagram	Purpose
Activity 4	Clean Your Room	Create a grid that is approximately 15 X 15 yards. You should adjust the size of the grid depending on the size, skill set, and number of players. One player is designated as the person to clean the room. Every player other than the room cleaner needs a ball. Start by having the players dribble around in the grid. INSTRUCTIONS: The coach should release the room cleaner into the grid. The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid. The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible. The room is "clean" once they have all of the balls out of the grid at one time. The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players. If a player is struggling to clean their room, release a 2nd room cleaner to assist.		Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible. Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.