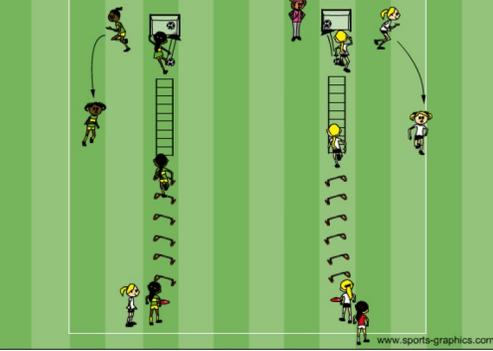
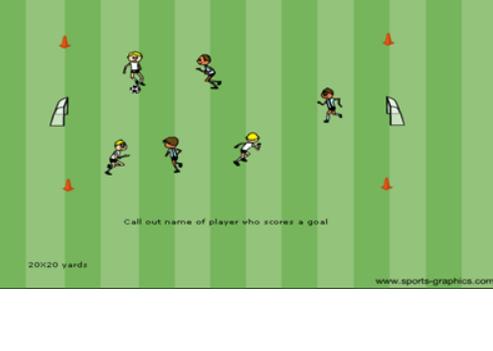


SKILL	Soccer Ready		
8-10 mins	<b>Play-</b> as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<b><u>Activity Description</u></b>	<b><u>Set Up Diagram</u></b>	<b><u>Coaching Points</u></b>
#1  8 mins	<b><u>Bowling:</u></b>  Break up into small groups. Set up groups of 3-4 cones and each player with a ball. Players try to knock the cones down. After a few minutes move the groups around to a new set of cones.		Walk around and set the cones back up. After a few minutes allow the players to dribble to any cone and knock it down.
#2  8 mins	<b><u>Creepy Crawler 1:</u></b>  2 players down on the ground in the crab position the other players start with a ball on one end line. On the coaches command the players with the ball try to dribble to the other side of the box avoiding the crabs.		Switch the crabs every few minutes.
#3  8 mins	<b><u>Agility Course:</u></b>  Set up 3-4 courses side by side depending on your numbers. Divide up your team into 3 or 4 even lines with no more than 3 per line. Players must complete the course and run back in line.		Suggested course; run over 6 hurdles, agility ladder, shoot the ball in the pop up goal. You can have them run over the hurdles or thru the ladder different ways. (hop, hop on one foot, sideways)
<b><u>PLAY</u></b>  15 mins	<b><u>Small Sided Games</u></b>  3V3 or 4V4 small sided game. No goalies, no throw-ins, kick ins only. Set up multiple fields if needed (15yds X 20yds).		Let them play