

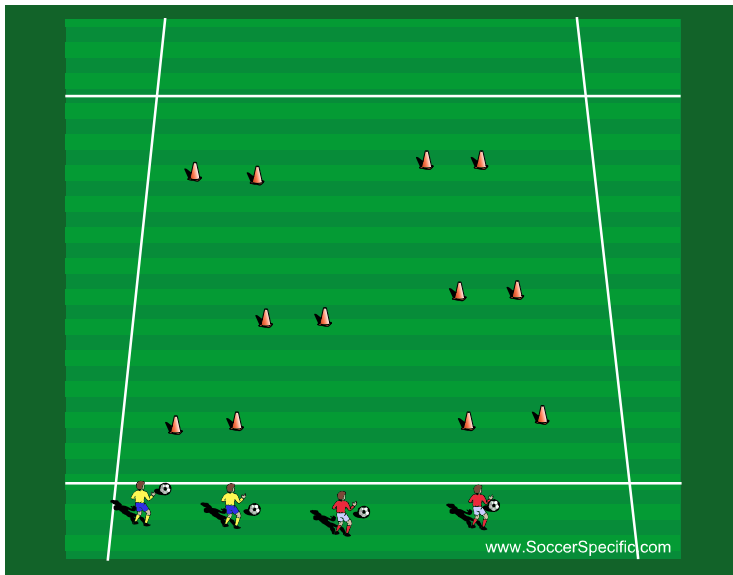
### ACTIVITY #1

**Set up:** Catch the Tail

10 x 10 metre working area

**Instructions:** Two teams of even or uneven numbers without balls to start. One team will have bibs tucked in the back of their shorts. On the signal, the team without bibs (Red as shown above) tries to steal the other players (Yellow) bibs. Progress by giving each player a ball. All Players dribble to maintain possession of their ball.

**Coaching Points:** Let them play!



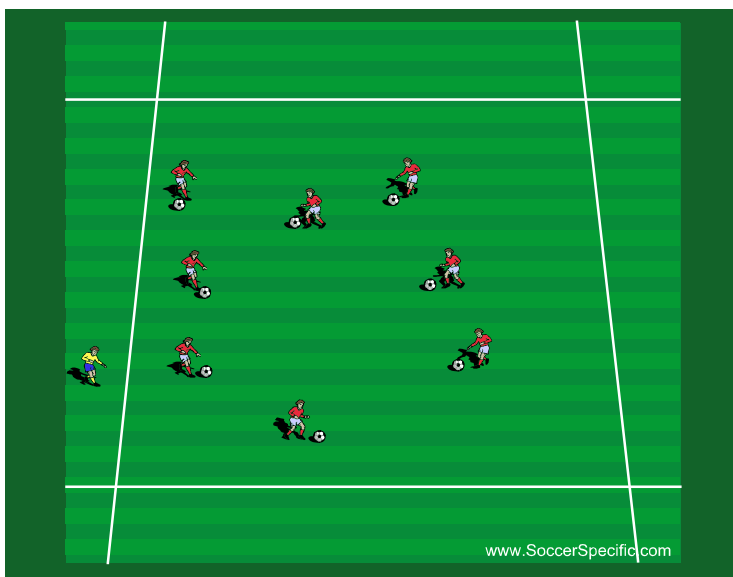
### ACTIVITY #2

**Set up:** Jungle Game 20 by 20 Metre

Setup 6 or 7 mini gates with cones or use parents.

**Instructions:** Have all players start on the line and on your signal they are trying to go around and through the trees (Cones) without touching them as they are poisonous. If you touch them, start back at the line. The Winner is the first one to make it through the Jungle.

**Coaching Points:**



### ACTIVITY #3

**Set up:** Shielding Game, Sharks and Minnows

**Instructions:** Players dribble around shield ball, one player on outside comes in on coaches command and tries to kick ball out, if ball gets kicked out they help this player get everyone else out.

**Coaching Points:** Head up, change of direction, change of speed, ball close to body, protect ball, keep body between ball and other player.

**ACTIVITY #4**

**Set up:** Soccer Chairs

All players with a ball. One marker for every player randomly distributed throughout the working area.

**Instructions:** Players move cone to cone. The Coach removes cone. Player who does not get a cone is out.

**Coaching Points:** Head Up (Awareness)  
Change of pace

