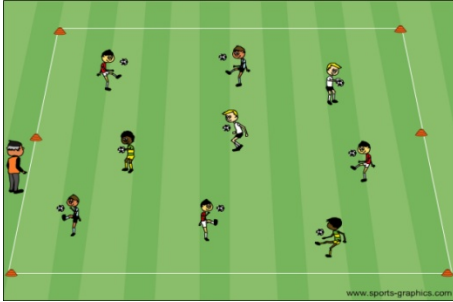

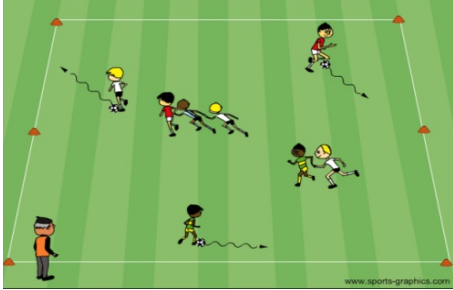
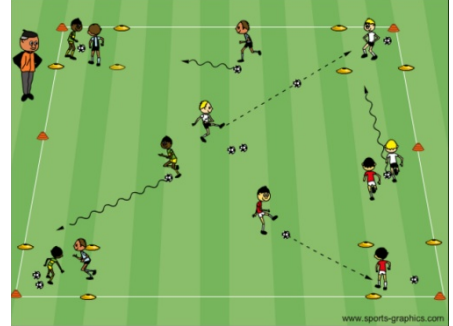


(6U) --- Week 19

Activity 1	Activity Description	Time
	<p>Juggling: All players with a soccer ball in their hands drop the ball down and try to kick it back up to their hands. Players will try to use their thighs and feet to keep the ball in the air.</p> <p>Coach: Have the players count how many times they touch the ball before it hits the ground.</p> <p>Version 2: Controlled juggling - Thigh, foot, catch. Thigh, thigh, foot, catch. Thigh, thigh, foot, foot, catch.</p>	<p>6 minutes</p>
<p style="text-align: center;">Activity 2</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
	<p>Hospital Tag: All players dribbling a soccer ball will try to tag each other with their hands. Once a player is tagged he/she must cover the tagged (injured) spot with one hand, second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</p> <p>Coach: Acts as the “doctor” and heals the dribblers so they can keep involved in the activity.</p>	<p>6 minutes</p>
<p style="text-align: center;">Activity 3</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
	<p>Snake: All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.</p> <p>Coach: Encourage the snake players to hiss.</p>	<p>6 minutes</p>
<p style="text-align: center;">Activity 4</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
	<p>Capture the Balls: Players should be divided into equal teams to play in a grid with each team’s home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent’s home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<p>6 minutes</p>
<p style="text-align: center;">Scrimmage</p>	<p style="text-align: center;">Activity Description</p>	<p style="text-align: center;">Time</p>
<p style="text-align: center;">4v4 - Dual Field Scrimmage</p>	<p style="text-align: center;">Set up two fields of 15yd x 20yd with a 5yd space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>