

# Warm Up

## Four Station Agility Instruction

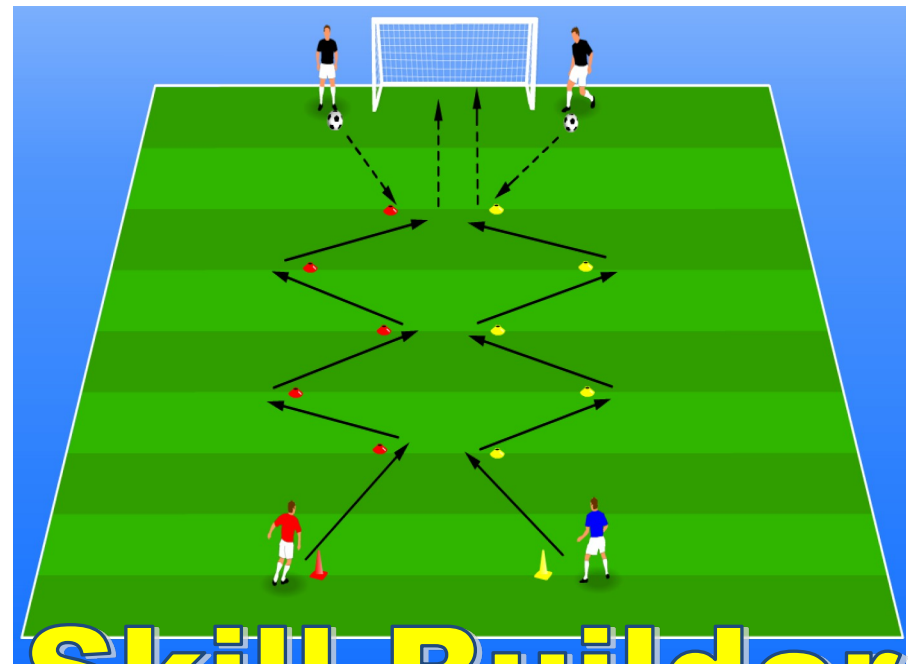
- Set up a line of 4 cones per station with a pylon at the starting point. Place the players into 4 groups of 3-4 players depending on how many players are available.
- Players will spend 90 seconds working at each station before rotating to the next station.

Station 1 - Hop on 1 Leg

Station 2 - Bunny Hops

Station 3 - Backwards Running

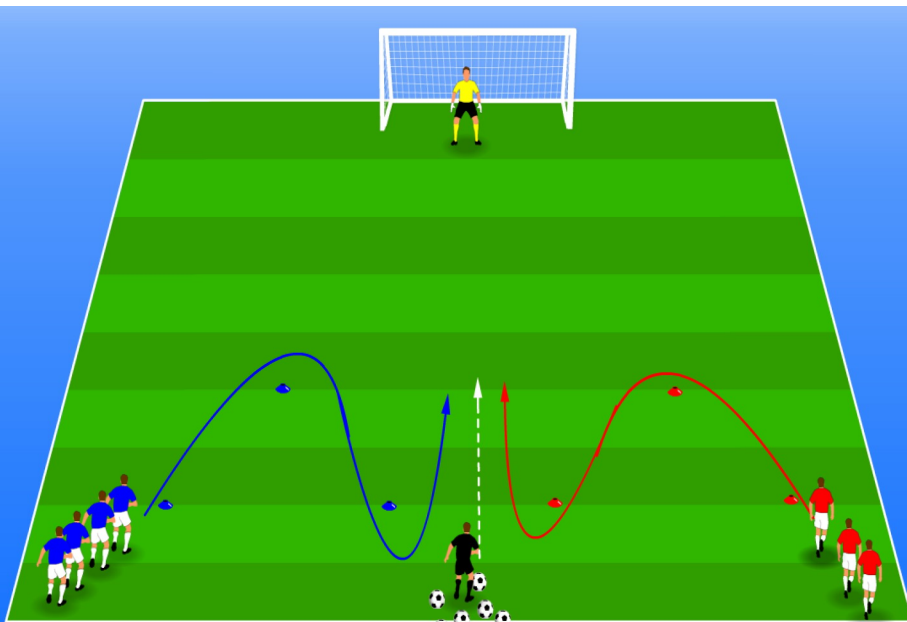
Station 4 - Player's Choice



# Skill Builder

## Shooting Slalom Instruction

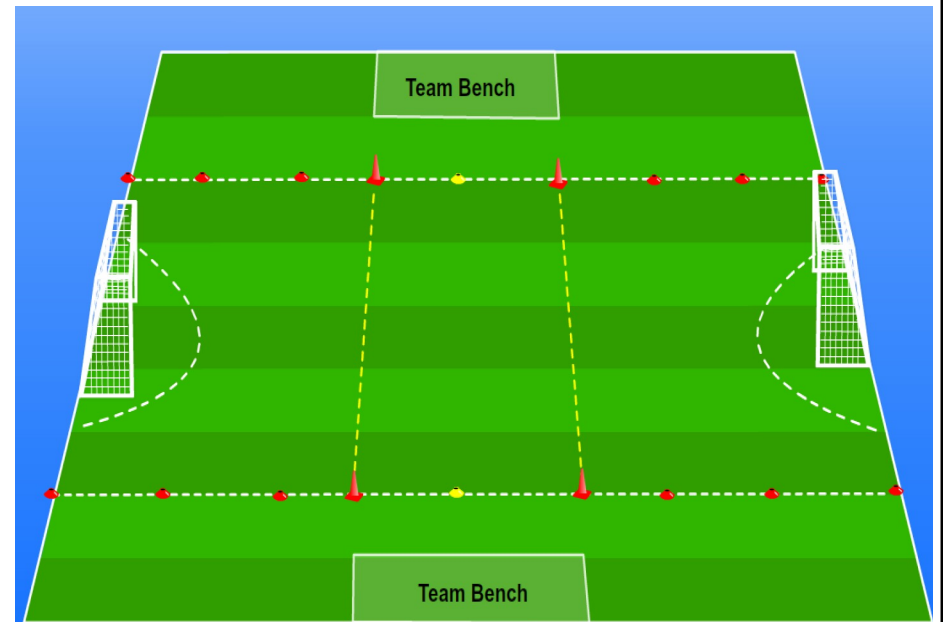
- Set up two lines of pylons in a slalom pattern. Players are placed into two groups behind the starting pylon, furthest away from the goal.
- Start with the balls by the net with the coach and have the players race through the pylons by running.
- Once they get to the end of the pylons, they will receive a pass from the coach. The player will look to control the ball before shooting it on the net.
- To advance this activity, have the kids dribble around the pylons with the ball and then look to shoot on the net.



## Game Based Learning

### Shooting Zig-Zig Instruction

- Players will be set up into two groups and positioned at the outside cone of the three cones set up.
- On the Coach's cue, players will race around the three cones. Upon reaching the final cone, the coach will roll a ball out for the players to battle for and race to score a goal.



## Game Play

### Substitutions

Play must be stopped approximately every 3 – 4 minutes to allow for substitutions. Changes on the fly are not permitted.

It is strongly recommended that complete line changes are done if there are enough players, and that players are rotated through the sweeper-keeper position every 2 – 3 rotations, **NOT EVERY SHIFT CHANGE.**

### Sweeper-Keeper Clearances

Once the sweeper-keeper has the ball in the hands, then the player of the other team must drop off 5 yards. The Sweeper-Keeper is allowed to place the ball on the ground within the goal area, and either kick the ball out or dribble the ball out.

### 4 Up-1 Up Rule

If a team is leading by 4 goals or more, the opposition may add a player to the field of play.