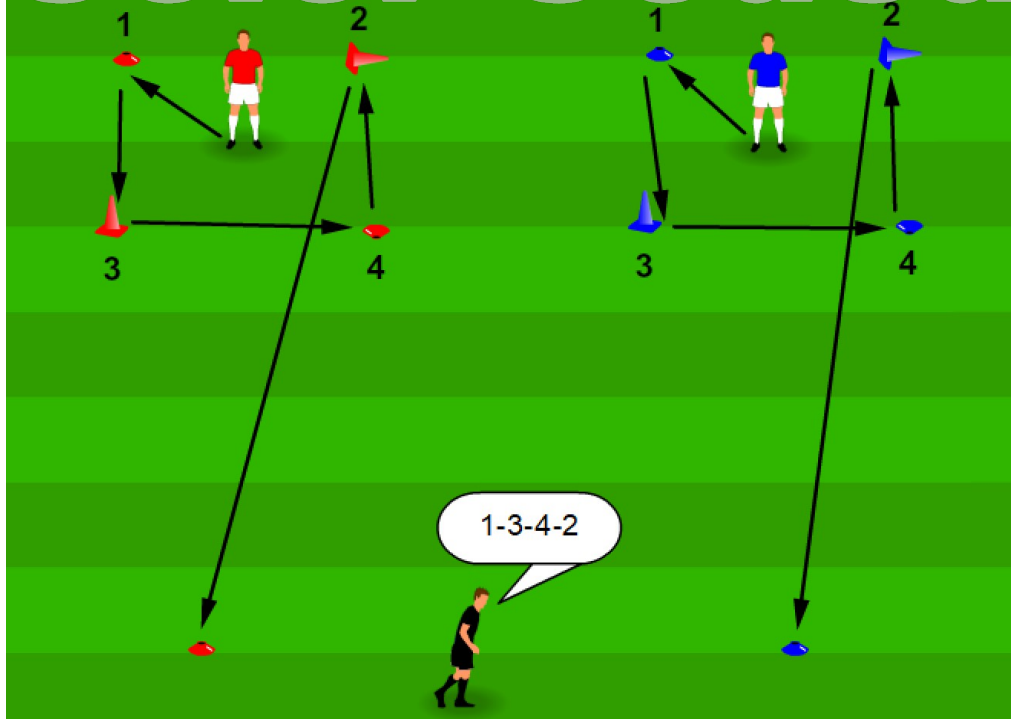


# Color Coded



## Organization

- The group is divided equally into 4 groups. One player will stand in the middle of the box while the other players will stand behind waiting for their turn.
- The players inside the box will wait for the coach to call out a number, letter or color pattern.
- Upon hearing the pattern, the players will run through that sequence then race to a cone that is 10 yards away from the box.
- Once the players have run through, the next players in line will look to enter the box and get ready for their turn.

## Set up

Total Duration = 10 minutes

- Total Grid Size = 10 - 15 yards length, mini box is 2 yrds x 2 yrds
- Number of Players = 12 - 16 players, split into 4 groups
- Number of Soccer Balls = No Soccer Balls
- Number of Goals = No goals

## Skill Focus

- ⇒ Social-Emotional - fun, peer learning
- ⇒ Physical - speed, agility, quickness
- ⇒ Psychological - awareness, listening skills

## Progressions

- ⇒ Players will complete the color sequence, then dribble a soccer ball and be in control of their soccer ball when they reach the final cone.