



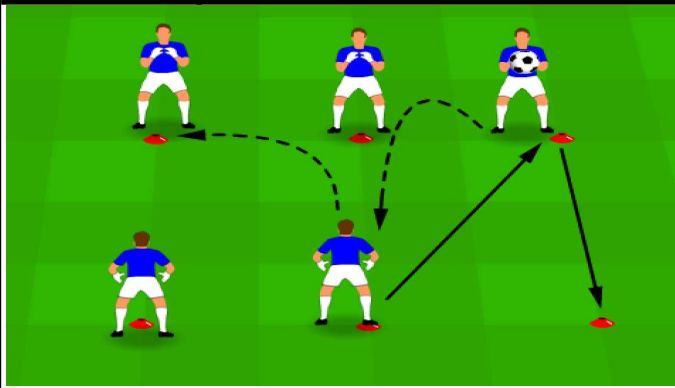
### Session Format

Warm Up Activity - 5 minutes

1st Station Rotations - 10 minutes

2nd Station Rotations - 10 minutes

## Warm Up Activity



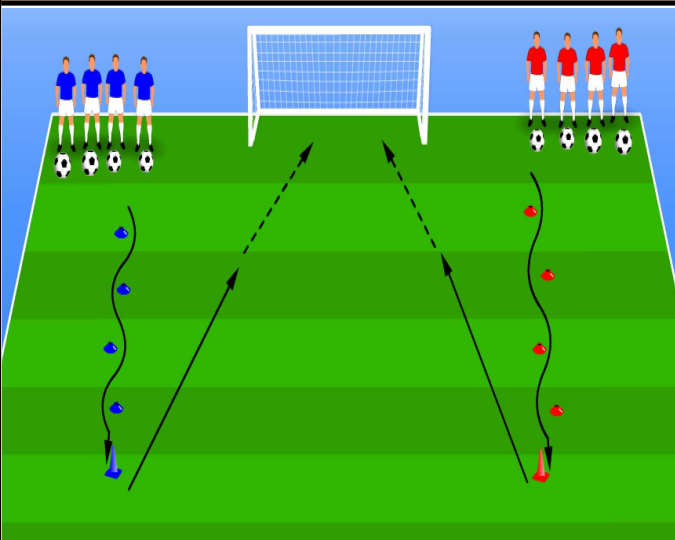
Cones are set up as such, 1 cone per player plus 1 spare cone set up that will remain empty.

The player across from the empty cone will have the ball in their hands. They will look to throw the ball to any player they want to. After they throw the ball, they will look to run to the empty cone. The player who catches the pass will look to do the same, then move to the empty cone that the player who passed to them was standing on. Vary up how players get from one cone to the next (hop on 2 feet, 1 foot, run backwards).

**Split the team into two groups. Each coach will run the same activity twice, for 10 minutes each.**

**After a quick water break, the players will switch groups, the coaches will remain.**

## Skill Builder Activity



### Shooting Relay Race

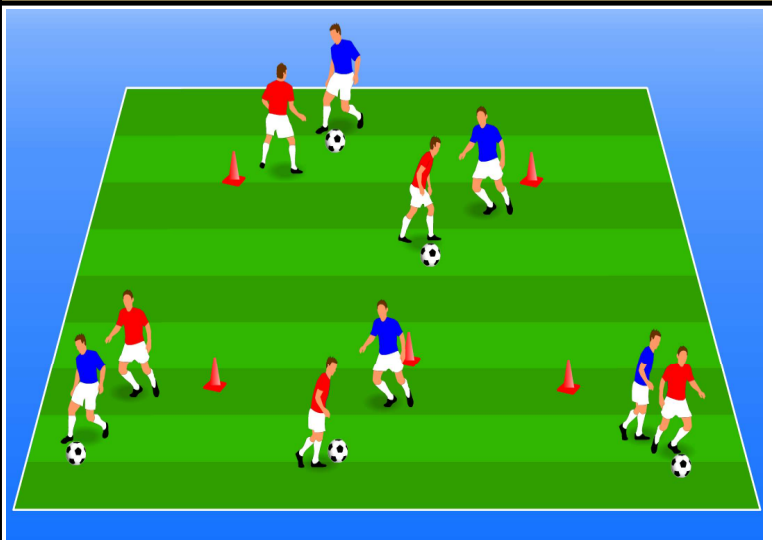
**\*\* Move the net so that the boards are behind it \*\***

Players will be split into 2 lines on either side of the goal. When the coach says "GO", the first players in line will look to dribble the ball around the cones. When they get to the pylon at the end of the line, they will turn around and race as quick as they can to score.

After a goal is scored, the next player in line will go.

Perform this as a race to get players used to competing in an a Me vs You setting.

## 1 vs 1 Activity



### 1v1 Cone Soccer

Players will be grouped into partners. Between the partners, each partner gets a ball and a pylon.

The goal of the activity is to knock over the cone. If you have the soccer ball, then you are the attacker, however, if the defender steals the ball, then they will become the attacker.

The defender will try and stop the attacker from scoring by knocking over the pylon. If they steal the ball, they become the attacker. After a goal is scored, the player who scored will reset the cone, and the player who got scored on will start with the ball. Run this for 2 minutes, switch the pairings if needed.