



EMPHASIS/THEME	AGE GROUP	SESSION DURATION
<b>Fast &amp; Fearless</b>	<b>Active Start</b>	<b>45 minutes</b>

TIME	ACTIVITY	ACTIVITY GOAL
10 Minutes	Driver's Training	Soccer Coordination with a Ball
10 Minutes	Tow Truck Tails	Skill Development in a Competitive Setting
10 Minutes	Chaos of the Highway	Soccer Skills in a Development Setting
10 Minutes	Game Station	

**DRIVER'S TRAINING**



Players will be the driver and their balls will be the cars. They are looking to keep their cars close to them.

Every player has a ball inside a square that is 15 yards x 15 yards, with cones/pylons spread out randomly across the area.

The players will dribble around the square while the coach gives commands for the players to perform.

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|--|---|
| <b>Red Light = Stop, one foot on the ball</b>                | <b>Reverse = Foot on ball, roll it backwards</b>        |
| <b>Yellow Light = Go Slow</b>                                | <b>Fuel Up = Roll the ball back and forth</b>           |
| <b>Green Light = Dribble</b>                                 | <b>Road Block = Dribble around the cone in a circle</b> |
| <b>Super Green = Dribble as fast as you can</b>              | <b>Go to the Garage = dribble around the pylons</b>     |
| <b>Traffic Jam = One foot on the ball, shout "Beep Beep"</b> |   |

**TOW TRUCK TAILS**



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Players will be paired up in groups of 2, if the numbers are odd, a coach can join a pair or you can look to make a group of 3.

Player #1 will look to dribble around the playing area with Player #2 following from behind. Every 30 seconds, look to switch the roles between the pairs so that they each get a turn to be the follower and the leader.

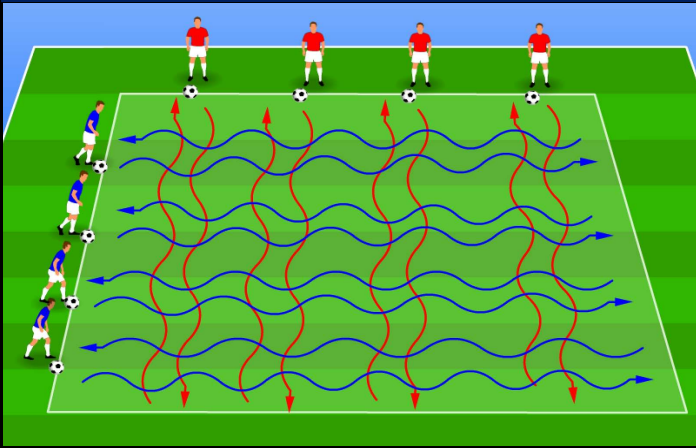
During the leader's turn, can you encourage the players to do tricks or perform different skills on the ball that their follower can repeat.

If leader's can't come up with skills on the ball, you may have to join in and provide some ideas. An idea could be body parts on the ball.

**Progression**

Turn this game into a game of tag by selecting one pair to be the taggers. When they tag a pair, they go from being a group of 2 to a group of 4 that goes around tagging teammates.

**CHAOS OF THE HIGHWAY**



In this activity, players will be stopped at an intersection, except the traffic lights are broken. When the light is green, it is green for both directions.

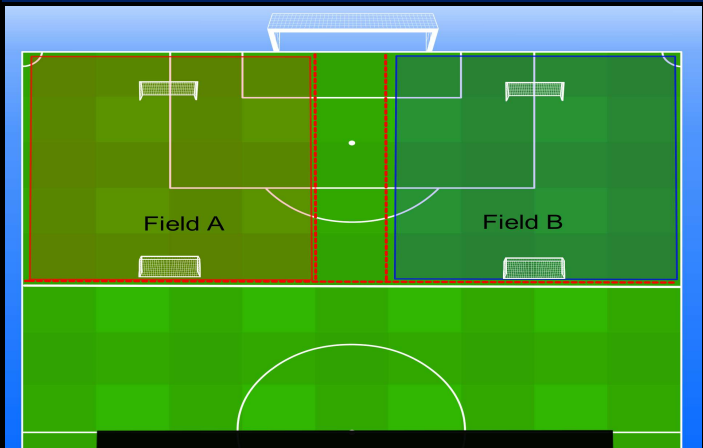
We are working on player's awareness skills as there is a lot of activity going on around them. **MAKE SURE YOU ARE REMINDING THE PLAYERS TO LOOK AROUND AND GO SLOW SO THAT THEY DON'T RUN INTO ANYONE WHEN THEY ARE NOT PAYING ATTENTION.**

Set up a square, 10 yards x 10 yards in size. Then organize the players so that half of them are on one side of the box and the other half are on the side adjacent to that group.

When the light turns GREEN, players will race EAST-WEST to get to the other side of the intersection and back to their starting spot while the other players are racing NORTH-SOUTH.

To advance this activity, you can split the players into 4 groups and have players going back and forth in all directions. You can also increase the number of times they have to go back and forth or incorporate moving in the reverse order.

**GAME PLAY**



Players will be divided up into 4 teams and split between 2 game fields.

There will be no designated keeper. If a player is standing by the net encourage them to push up the field so that they are not standing directly in the net.

When the ball goes out, stop the ball on the line and have players dribble the ball back into play.

When a goal is scored, have the scoring team retreat back to their net to receive high fives from the coach. As the players are retreating back to their net, the team that got scored on can start the game up again, without waiting for the other team to get set up.

By having the team retreat back to their net, it will allow the team that got scored on to have the opportunity to dribble the ball out of their own end and advance up the field.