



EMPHASIS/THEME	AGE GROUP	SESSION DURATION
Ninja Training	Active Start	45 minutes

TIME	ACTIVITY	ACTIVITY GOAL
10 - 12 Minutes	Ninjas in Training	Soccer Coordination with a Ball
10 - 12 Minutes	A Night at the Museum	Soccer Skills in a Development Setting
10 - 12 Minutes	Jewel Heist	Skill Development in a Competitive Setting
10 - 12 Minutes	Game Station	

NINJAS IN TRAINING



Created using SoccerTutor.com Tactics Manager

Every player has a ball inside a square that is 15 yards x 15 yards

To set the scene, the players are at the Ninja Training Academy and looking to build up their ninja skills before fighting crime. Each player's soccer ball is their Ninja Tool that they must keep close to them as they maneuver around the training school.

Stone Jumping = touches on top of the ball using the soles of their feet as if they are jumping across a river of stones.

Dodge the Shooting Stars = dribble side to side with the ball instead of forwards

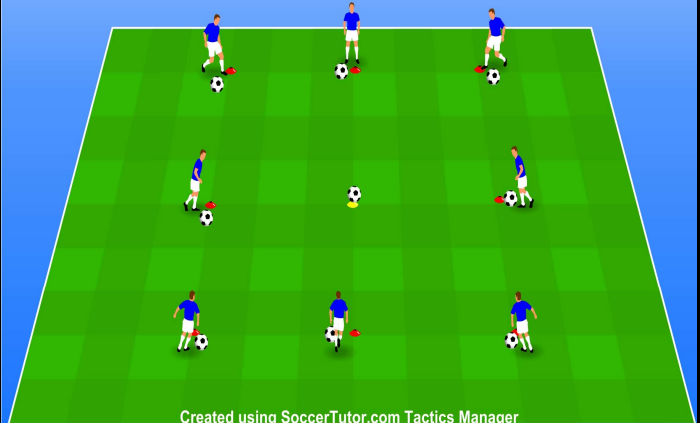
Tree Jumps = Hop over the ball as if you are jumping from tree to tree.

Ring the Alarm = with the ball, touch it side to side using the inside of your feet

Statue = Balance on one foot with one foot in the air, pretending to a statue.

Ninja's Team Up = get in groups of 2 or 3 (pick a number so everyone has a friend)

A NIGHT AT THE MUSEUM



Created using SoccerTutor.com Tactics Manager

All of the ninjas have surrounded the evil villains layer and are looking to destroy by knocking them over a prized statue. The goal of this activity is to develop a player's ability to strike a ball.

Players will each stand at their own cone that surrounds the evil layer. The cone they choose to stand beside will be known as their "Home Base".

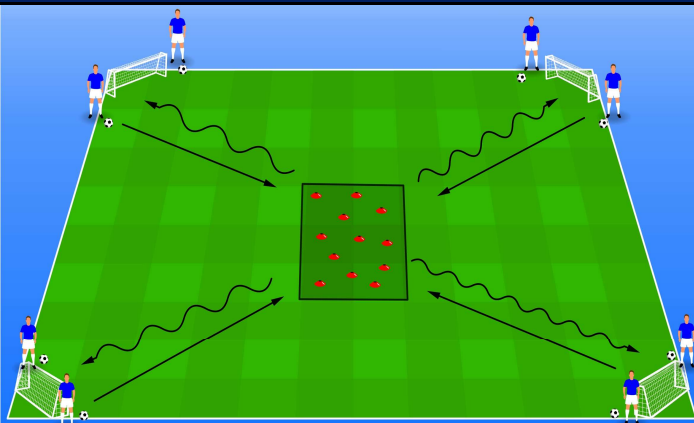
On the coach's cue, the coach will shout out a number. The number that is called is the number of cones that the ninja has to move.

Once the ninja gets to their destination, they will turn to face the building and kick their ball in that direction, trying to knock over the cone.

If one of the ninjas are successful, then everyone on the team will get a point.

Reset by having all of the players collect their soccer ball and go back to their home base to start the next round.

JEWEL HEIST



Created using SoccerTutor.com Tactics Manager

Set up nets on the corners of a 15 yards X 15 yards square, with a 3 yard X 3 yard box in the middle full of soccer balls. Divide the players up equally amongst the 4 corners.

When the coach yells "Go!" one player from each team will dribble and collect a jewel (cone) for their ninja team from the centre square and bring it back to their home base (net)

Once the player gets back to their home base, the next player can go and retrieve a jewel from the middle. Repeat this process until all of the jewels are collected.

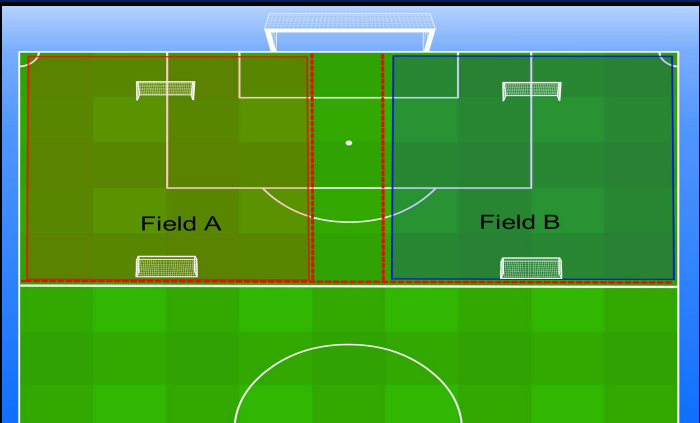
At the end of the round count up how many jewels each team collected. Give each player a high five for every collected jewel.

Repeat the activity by resetting all of the jewels back in the middle.

To advance this activity players can steal jewels from other teams

Perform this activity as a timed event and help guide players to where to steal their next jewel from.

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.