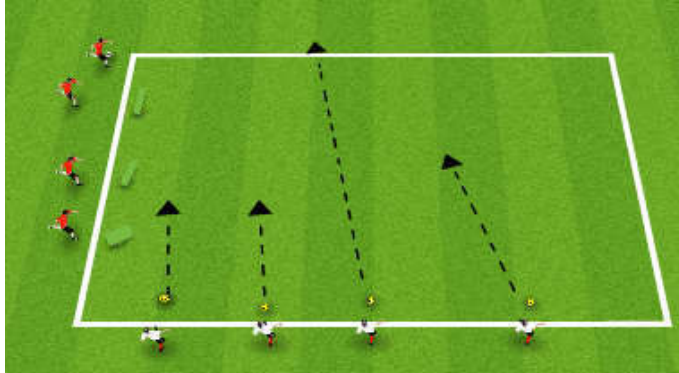
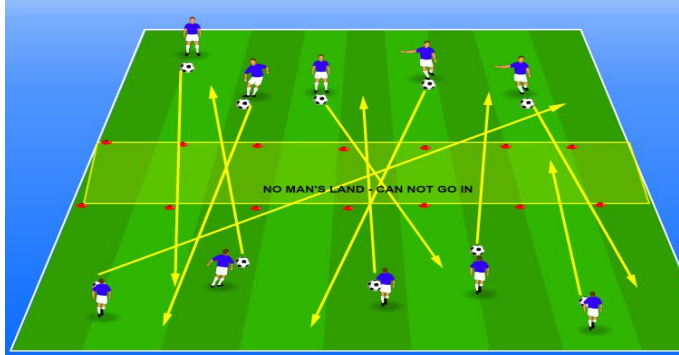


| Exercise/Notes | Description | Diagram |
|---|---|--|
| <p>Star Wars 10 Minutes</p> <p>Two end-lines to the field and two sidelines</p> <p>Space should be 15 yds wide by 30 yds long</p> | <ul style="list-style-type: none"> • Coaches start on the sidelines with a ball (they are the “dark side”) • Players attempt to run from one end-line to the opposite end-line • As the players run, the dark side kick balls and try to hit the runners below the knee. If a player is hit they join the “dark side” • Players try to avoid being hit (they can dodge, jump, etc.) • When the players reach an end line they pause, while the dark side collects their balls for the second round • Go into there is only one runner left (everybody else is the dark side) <p>You can play multiple times</p> |  |
| <p>Clear The Yard 15 Minutes</p> <p>All player w/ ball</p> <p>20yd X 20yd</p> <p>“No Man’s Land” Zone</p> | <p>Put players into two teams. On the coach’s command, the players try to kick the ball from their yard into the opposing teams yard. Play 3-5 minute games, the team with the least amount of balls in their yard wins. The object of the game is to keep your yard clear of soccer balls.</p> <p>Can play a round were players must use weak foot.</p> <p>Have each coach stand behind “yards” to keep balls in</p> |  |
| <p>SCRIMMAGE</p> | <p>Play 3v3 game. Freeze if the ball goes out of bounds, coaches carry a ball in their hands to throw in play.</p> | |