



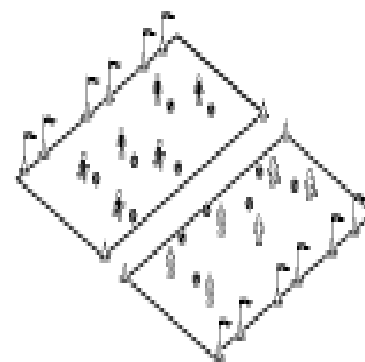
**1) Paint the Field---**In pairs, players move around the grid and pass their ball back and forth (using shooting technique) in the area defined. At first have each pair in their own grid. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by passing (shooting) their soccer balls all over the grid. Progressively build this so that players go from moving slowly in their own grid to having multiple groups in the same grid moving at a faster pace, to, finally, having all pairs in one grid (with much congestion) all competing to paint the field. *Version 2:* Have players use opposite foot. (10 minutes)

**2) Doctor-Doctor---**Break group into 2 teams. Create two hospitals (4yd x 4yd grids) diagonally opposite each other on two corners of the grid. Select a doctor for each team. Each team tries to freeze the other team by kicking their own balls and hitting either the other team's soccer balls or someone on the other team below the knee. If a player gets frozen, they must stay where they are with their soccer ball and call out "Doctor-Doctor". The doctor will be able to unfreeze their own players if they are frozen by the other team.



The doctors do not have a ball and their role is to touch their teammates to unfreeze them so they can continue playing. The Doctor is always safe (cannot be frozen) if standing in their hospital, but once they leave the base and enter the open grid, they become unsafe and are able to be frozen by the other team. When a Doctor is frozen, the game is over. (10 minutes)

**3) Clean Your Backyard---**Break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Place three small (3yd) goals at the far end of each side of the field. Have both teams shoot balls at other team's goals in an attempt to score through anyone of the small goals (below knee height). Players cannot enter the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can defend; though no hands allowed. Emphasize use of the instep (laces). *Version 2:* Allow teams to defend with hands as well. *Version 3:* Take out the buffer zone and play a normal game except with 3 goals at each end (use 2 or 3 balls at once sometimes). (10 minutes)



**4) Numbers---**Same set up as "Get Outta There", but the players on each team are assigned numbers (1, 2, 3, etc.) to each player and when coach calls out a number, the player from each team with that number comes out to play 1 vs. 1. Coach can set up particular match-ups and can call out more than one number at a time for 2 vs. 2 or 3 vs. 3 etc. (10 minutes)

