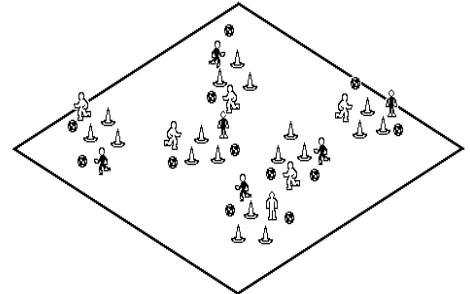


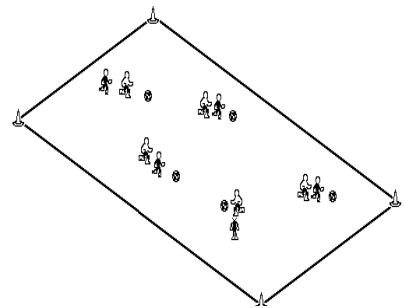


1) Tag---Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. *Version 2:* Players must tag other players on their knees. (10 minutes)

2) Triangle Tag---Set up cones in a triangle formation with each side of the triangle being roughly 1 yard long. Every triangle has a pair of players, each with a ball. Similar to the tag game, one player is being chased and one is “it”. However this time the player who is “it” tags the player by kicking her ball and hitting the other player’s ball or hitting the player below the knee. Players can dribble in either direction around the triangle and must stay close to their own triangle. Neither player can go through the triangle. *Version 2:* Allow the player being chased to go through the triangle. When in the triangle she is safe. However, after going through triangle, player must go completely around triangle before she can go through triangle again. She cannot stop inside the triangle. *Version 3:* Allow pairs to move from triangle to triangle (incorporates speed dribbling and traffic). If two pairs are at the same triangle at the same time that is fine, but players still only compete with their partner. Note: To increase difficulty, do not count hitting a player below the knee as a tag. (10 Minutes)



3) Shield-Steal---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. (10 minutes)



4) Team Gates---Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini-goals. Players are split into two teams and each have a ball and must dribble through the gate in order to score. Have players count how many goals they score and then have them add them up with their teammates. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this. *Version 2:* Ask players to do a move before they go through a gate. *Version 3:* Can have one team defend the gates (not kick the other team’s soccer balls away), just stand in a gate for 3 seconds and then find another one to ‘defend’, while the team with their soccer balls try to get through as many as they can in two minutes, then switch roles. (10 minutes)

